

THE  
ENGLISH  
HOUS-WIFE,

CONTAINING

The inward and outward Vertues which  
ought to be in a compleat Woman.

As her skill in Physick, Surgery, Cookery, Extra-  
ction of Oyles, Banquetting stufte, Ordering of great  
Feasts, preserving of all sorts of Wines, conceited Secrets,  
Distillations, Perfumes, ordering of Wooll, Hemp, Flax, making  
Cloth, and Dying, the knowledge of Dayries, Office of Malting,  
of Oates, their excellent uses in a Family, of Brewing, Baking,  
and all other things belonging to an Household.

A Work generally approved, and now the fifth time much  
augmented, purged, and made most profitable and necessary  
for all men, and the generall good of this  
NATION.

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By G. M.

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LONDON,

Printed by W. Wilson, for E. Brewster, and George  
Sambridge, at the Bible on Ludgate-Hill, neere  
Fleet-bridge. 1653.

# THE ENGLISH HOUSE-WIFE

CONTAINING  
The inward and outward Virtues which  
ought to be in a compleat Woman.

As her Skill in English, French, Italian, Spanish, and  
Latin of Order, Bandaging, &c. Ordering of great  
Feasts, preparing of all sorts of Wines, confectionary  
Distillation, Perfumery, ordering of Wool, Flax, making  
Clothes and Dressing the most delicate Drapery of Statues  
of Order, their excellencies in a Family of living, dressing  
and all other things belonging to an Housewife.

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Printed by W. Wilson, for E. Brewster, and George  
Smethwicke, at the Bible on Ludgate-Hill, neere  
Pleace-bridge. 1673.



longed to an honorable Countesse one of the great



TO THE RIGHT  
**HONORABLE**  
And most excellent Lady,  
**FRANCIS, Countesse Dowager**  
of **EXETER.**

**H**owsoever Right Honourable and most  
vertuous Lady) this book may come to  
your Noble goodnes clothed in an old  
name or garment, yet doubtless (excel-  
lent Madam) it is full of many new vertues which  
will ever admire and serve you; and though it can  
adde nothing to your own rare and unparallelled  
knowledge, yet may it to those noble good ones,  
which will indeavour any small spark of your imitati-  
on, bring such a light as may make them shine with a  
great deal of charity. I do not assume to my self  
(though I am not altogether ignorant in ability to  
judge of these things) the full intention, and scope of  
this whole work: for it is true, great Lady, that much  
of it was a Manuscript, which many years agoe be-  
longed

## The Epistle Dedicatory.

longed to an honourable Countesse, one of the greatest Glories of our Kingdome, and were the opinion of the greatest Physitians which then lived; which being now approved by one not inferiour to any of the profession, I was the rather imboldned to send it to your blessed hand, knowing you to be a Mistresse so full of honorable piety and goodness, that although this imperfect offer may come unto you weak and disable, yet your noble vertue will support it, and make it so strong in the world, that I doubt not but it shall doe service to all those which will serve you, whilst my self and my poor prayers shall to my last gasp labour to attend you.

The true admirer of your  
Noble vertues,

**Carver Markham.**  
Right Honourable and virtuous Lady (this book may come to your Noble goodness clothed in an old name or garment, yet doubtless (except it is full of many new vertues which will ever adorne and improve it) it shall adde nothing to your own and unparalleled knowledge, yet may it to those who are ignorant will increase any small spark of our humane kindling such a light as may make them fit to receive a great deal of charity. I do not ascribe to my self (though I am not altogether ignorant by ability to do so) the least of a full intention and resolution this whole work to it, but I am content that it should be a Manuscript which may yet be enlarged.



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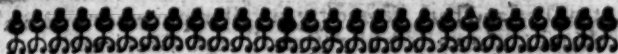
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THE



THE APPROVED

## BOOKE

CALLED THE  
ENGLISH HOUSEWIFE,

CONTAINING

*All the vertuous knowledges and actions both of minde and  
body, which ought to be in any compleat Housewife  
of what degree or calling soever.*

## The Second Booke.

## CHAP. I.

*Of the inward vertues of the mind, which ought to be in every  
Housewife. And first of her general knowledges both in Physick  
and Surgery, with plain approved medicines for health of the  
Household; also the extraction of excellent Oyles fit for those  
purposes.*



Aving already in a summary briefness pas-  
sed through those outward parts of Hus-  
bandry which belong unto the perfect  
Husbandman, who is the Father and  
Master of the Family, and whose Office  
and employments are ever for the most  
part abroad, or removed from the house,  
as in the field or yard: It is now meet that  
we descend in as orderly a Method as we can, to the office  
of our English Housewife, who is the Mother and Mistress of  
the

the family, and hath her most generall employments within the house; where from the generall example of her vertues, and the most approved skil of her knowledges those of her Family may both learn to serve God and sustain man in that godly and profitable sort, which is required of every true Christian.

a Housewife  
must be religi-  
ous.

First then to speak of the lawerd vertues of her mind, she ought, above all things, to be of an upright and sincere religion, and in the same both zealous and constant, giving by her example, an incitement and spur unto all her family to pursue the same steps, and to utter forth by the instruction of her life, those vertuous fruits of good living, which shall be pleasing both to God and his creatures. I do not mean that herein she should utter forth that violence of Spirit, which many of our (vainly accounted pure) women do, drawing a contempt to the ordinary Ministry, and thinking nothing lawfull but the fantasies of their own inventions, usurping to themselves a power of preaching and interpreting the holy word, to which only they ought to be but hearers and believers, or at the most but modest perswaders; this is not the office either of good House-wife, or good woman. But let our English House-wife be a godly, constant, and religious woman, learning from the worthy Preacher and her husband, those good examples which she shall with all carefull diligence see exercised amongst her servants.

In which practise of hers, what particular rules are to be observed, I leave her to learn of them who are professed Divines, and have purposely written of this argument; only thus much will I say, which each ones experience will teach him to be true, that the more carefull the master and mistress are to bring up their servants in the daily exercises of Religion toward God, the more faithfull they shall find them in all their businesses towards men, and procure Gods favour the more plentifully on all the household: and therefore a small time morning and evening bestowed in prayer and other exercises of religion, will prove no lost time at the weeks end.

She must be  
temperate.

Next unto this sanctity and holiness of life, it is meet that

that our English Houſ-wife be a woman of great modeſty and temperance, as well inwardly as outwardly, inwardly, as in her behaviour and carriage towards her husband; wherein ſhe ſhall ſhun all violence of rage, paſſion and humour, covering leſs to direct then to be directed, appearing ever unto him pleaſant, amiable, and delightfull, and though occaſion of miſhaps, or the miſgovernment of his will may induce her to contrary thoughts, yet vertueoſly to ſuppreſs them, and with a mild ſufferance rather to call him home from his error, then with the ſtrength of anger to abate the leaſt ſpark of his evil, calling into her mind that evill & uncomely language is deformed though uttered even to ſervants, but moſt monſtrous and ugly when it appears before the preſence of a husband: outwardly, as in her apparrell and diet, both which ſhe ſhal proportion according to the competency of her husbands eſtate and calling, making her circle rather ſtraite then large: for it is a rule, if we extend to the uttermoſt, we take away increaſe, if we go a hairs breadth beyond, we enter into conſumption: but if we preſerve any part, we build ſtrong forts againſt the adverſaries of fortune, provided that ſuch preſervation be honeſt and conſcionable: for as laſh prodigality is brutiſh, ſo miſerable covetouſneſs is helliſh. Let therefore the Houſ-wives garments be comely and ſtrong, made aſwell to preſerve the health, as adorn the perſon, altogether without toyiſh garniſhes, or the gloſs of light colours, and as far from the vanity of new and fantaſtick faſhions, as neer to the comely imitation of modeſt Matrons. Let her diet be wholeſome and cleanly, prepared at due hours, and Cookt with care and diligence, let it be rather to ſatiſſie nature, then our affection, and apter to kill hunger then revive new appetites, let it proceed more from the proviſion of her own yard, then the furniture of the Markets; and let it be rather eſteemed for the familiar acquaintance ſhe hath with it, then for the ſtrange- neſs and rarity it bringeth from other Countries.

Other Gar-  
ments.

Other Diet.

To conclude, our English Huſ-wife muſt be of chaſt thought, ſtout courage, patient, unſwerving, watchful, diligent, witty, pleaſant, conſtant in friendſhip, full of good Neighbour-hood, wiſe in Diſcourſe, but not frequent therein, ſharp and quick

Her generall  
vertues

of speech, but not bitter or talkative, secret in her affaires, comfortable in her counsels, and generally skilfull in the worthy knowledges which do belong to her Vocation; of all, or most whereof I now in the ensuing discourse intend to speak more largely.

OF  
Her vertues  
in Physick.

To begin then with one of the most principall vertues which do belong to our English Houf-wife; you shall understand, that sith the preservation and care of the family touching their health and soundness of body consisteth most in the diligence of her, it is meet that she have a physicall kind of knowledge, how to administer many wholsom receipts or medicines for the good of their healths, as well to prevent the first occasion of sickness, as to take away the effects and evill of the same, when it hath made seasure on the body. Indeed we must confess that the depth and secrets of this most excellent Art of Physick, are far beyond the capacity of the most skilfull woman, as lodging onely in the breast of learned professors, yet that our House-wife may from them receive some ordinary rules and medicines, which may avail for the benefit of her Family, is (in our common experience) no derogation at all to that worthy Art. Neither do I intend here to load her mind with all the Symptomes, accidents, & effects which go before or after every sickness, as though I would have her to assume the name of a Practitioner, but only relate unto her some approved medicines, and old doctrines which have been gathered together, by two excellent & famous Physitians, & in a Manuscript given to a great worthy Countess of this Land, (for far be it from me to attribute this goodness unto mine own knowledge) and delivered by my common and ordinary experience, for the curing of those ordinary sicknesses which daily perturb the health of men and women.

Dr. Barker.  
Dr. Bomelius.

Of Fevers in  
generall.

First then to speak of Feavers, or Agues; the House-wife shall know those kinds thereof, which are most familiar & ordinary, as the *Quosidian* or daily ague, the *Tertian* or every other days ague, the *Quartan* or every third days ague, the *Pestilent*, which keepeth no order in his fits, but is more dangerous and mortal: and lastly the accidentall Fever, which proceedeth from the receipt of some wound, or other painfull perturbation



of the spirits. There be sundry other Feavers, which comming from Consumptions, and other long continued sicknesses, do altogether surpasse our Hus-wives capacity.

First then for the *Quotidian*, (whose fits alwaies last above twelve hours) you shall take a new laid egg, and opening the crown you shall put over the white, then fill up the shell with good *Aquavite*, and stir it and the yolk very well together, and then as soon as you feel your cold fit begin to come upon you, sup up the egge, and either labour till you sweat, or else laying great store of cloaths upon you, put your self in a sweat in your bed, and thus do while your fits continue, and for your drink let it be onely posset ale.

Of the quotidian.

For a single *Tertian* fever, or each other dayes ague, take a quart of posset ale, the curd being well drained from the same, and put therinto a good handfull of *Dandelion*; and then setting it upon the fire, boil it till a fourth part be consumed, then as soon as your cold fit beginneth, drink a good draught thereof, & then either labour till you sweat, or else force your self to sweat in your bed, but labour is much the better, provided that you take not cold after it, and thus do while your fits continue, and in all your sickness let your drink be posset ale thus boyled with the same hearb.

Of the single Tertian.

For the accidentall Fever which commeth by means of some dangerous wound received, although for the most part it is an ill sign, if it be strong and continuing, yet many times it abateth, & the party recovereth when the wound is well tended and comforted with such sovereign balmes, and hot oyles as are most fit to be applied to the member so grieved or injured: therefore in this Fever you must respect the wound from whence the accident doth proceed, and as it recovereth so you shall see the fever wane and diminish.

Of the accidentall Fever.

For the *Hectic* fever, which is also a very dangerous sickness, you shall take the Oyl of Violets, and mixe it with a good quantity of the powder of white *Pepp* finely sear'd, and therewith anoint the small and reins of the parties back, evening and morning, and it will not onely give ease to the Fever, but also purge and cleanse away the dry scallings, which is ingendred either by this, or any other fever whatsoever.

Of the Hectic.

For the quar-  
tan or for any  
fever.

For any fever whatsoever, whose fit beginneth with a cold, Take a spoonfull and a half of *Dragon* water, a spoonfull of *Rosewater*, a spoonfull of running water, a spoonfull of *Aquavit*, a spoonfull of *Vinegar*, and half a spoonfull of *Mithridate* orlets, and beat all these well together, and let the party drinke it before his fit begin.

Of thirst in  
fevers.

It is to be understood, that all fevers of what kind soever they be, and these infectious diseases, as the *Pestilence*, *Plague*, and such like, are thought the inflammation of the bloud, and infinitely much subject to drought; so that should the party drink so much as he desired, neither could his body contain it, nor could the great abundance of drink do other then weaken his stomach, and bring his body to a certain destruction.

Wherefore when any man is so overpressed with desire of drink, you shall give him at convenient times either posset ale made with cold herbs, as *forrell*, *pursien*, *Violer leaves*, *Lettice*, *Spinnage*, and such like, or else a *Julip* made as hereafter in the *pestilence* fever, or some *Almond milk*, and betwixt those times, because the use of these drinks wil grow wearisom and lothsome to the patient, you shall suffer him to gargle in his mouth good wholsom beer or ale, which the patient best liketh, and having gargled it in his mouth, to spit it out again, and then to take more, and thus to do as oft as he pleaseth, till his mouth be cooled: provided, that by no means he suffer any of the drink to go down, and this will much better assuage the heat of his thirst then if he did drinke; and when appetite desireth drink to go down, then let him take either his *Julip* or his *almond milk*.

For any ague-  
fore.

To make a *pultis*, to cure any ague-fore, take elder leaves and seeth them in milk they be soft, then take them up & strain them, and then boyl it again till it be thick, and so use it to the fore, as occasion shall serve.

The quartaine  
Fever.

For the *Quartaine Fever* or third day ague, which is of all Fevers the longest lasting, and many times dangerous *Consumptions*, *black Jaundie*, and such like mortall sicknesses follow it; you shall take *Mithridate* and spread it upon a *Lymon* slice, cut of a reasonable thickness, and so as the *Lymon* be

be covered with the Mithridates; then bind it to the pulse of the sick mans wrist of his arm about an hour before his fit doth begin, & then let him go to his bed made warm, and with hot cloaths laid upon him, let him try if he can force himself to sweat, which if he doe, then half an hour after he hath sweat, he shall take hot posset-ale brewed with a little Mithridate, and drink a good draught thereof, and rest till his fit be passed over: but if he be hard to sweat, then with the said posset-ale also you shall mix a few bruised Anise-seeds, and that will bring sweat upon him: and thus you shall do every fit, till they begin, to cease, or that sweat come naturally of its own accord, which is a true and manifest sign that the sickness decreaseth.

To make on  
sweat.

For the Pestilent Fever which is a continuall sickness full of infection and mortality, you shall cause the party first to be let blood if his strength will bear it: then you shall give him cool Julips made of Endive or Succory water, the sirrop of Violets, conserve of Barberies, and the juke of Lymons well mixed and simbolized together.

The pestilent  
Fever.

Also you shall give him to drink Almond milk made with the decoction of cool herbs, as Violet leaves, strawberry leaves, french mallows, parslin, and such like; and if the parties mouth shall through the heat of his stomack, or liver inflame or grow sore, you shall wash it with the sirrop of Mulberies; and that will not only heal it, but also strengthen his stomack. If (as it is most common in this sickness) the party shall grow costive, you shall give him a suppository made of hony, boyld to the hight of hardness, which you shall know by cooling a drop thereof, and so if you find it hard, you shall then know that the hony is boyld sufficiently, then put salt to it, and so put it in water, and work it into a roul in manner of a suppository, and administer it, and it most assuredly bringeth no hurt, but ease to the party, of what age or strength fever he be: during his sickness you shall keep him from all manner of strong drinks, or hot spices, and then there is no doubt of his recovery.

To preserve your body from the infection of the plague, you shall take a quart of old ale, and after it hath risen upon

Appreciating  
on against the  
plague.

the fire, and hath been scummed, you shall put therinto of *Aristolochia longa*, of *Angelica*, and of *Celandine* of each halfe handfull, and boyl them well therein; then strain the drink through a cleane cloath, and dissolve therein a dram of the best *Mithridate*, as much *Iuory* finely powdred and sear'd, and six spoonfulls of *Dragon* water, then put it up in a close glasse, and every morning fasting take five spoonfulls thereof, and after bite and chaw in your mouth the dried root of *Angelica*, or smell on a nose-gay made of the tasseld end of a ship rope, and they will surely preserve you from infection.

For infection  
of the plague.

But if you be infected with the plague, and feel the assured signes thereof, as pain in the head, drough, burning, weaknes of stomack, & such like: Then you shall take a dram of the best *Mithridate*, and dissolve it in three or four spoonfulls of *Dragon* water, and immediatly drink it off, and then with hot cloaths or bricks made extreame hot, and laid to the soles of your feet, after you have been wrapt in woollen cloaths, compel your selfe to sweat, which if you do, keep your self moderately therein till the sore begin to rise; then to the same apply a live Pidgeon cut in two parts, or else a plaister made of the yolk of an egg, Hony, hearb of grace chopt exceeding smale, & wheat flower, which in very short space will not only ripen, but also break the same without any other incision; then after it hath run a day or two, you shall apply a plaister of *Melilot* unto it untill it be whole.

For the Pestilence.

Take *Fetherfew*, *Malefolot*, *Scabious*, and *Myrrort*, of each a like, bruise them and mixe them with old ale, and let the sick drink thereof six spoonfulls, and it will expell the corruption.

Another.

Take *Tarrow*, *Tansie*, *Fetherfew*, of each a handfull, and bruise them well together, then let the sick party make water in the herbes, then straine them, and give it in the sick to drink.

A preservation  
against the  
Pestilence.

Take of *Sage*, *Roe*, *Brier leaves*, or *Elderleaves* of each an handfull, stamp them and straine them with a quart of white wine, and put thereto a little Ginger, and a good spoonfull of the best *Treacle*, and drink thereof morning and evening.

Take

Take *Smallage*, *Mallowes*, *Wormwood* and *Rue*, stamp them well together, and fry them in *oil Olive*, till they be thick, plaister-wise apply it to the place where you would have it rise, and let it lye untill it break, then to heal it up, take the juyce of *Smallage*, *Wheat flower*, and milk, and boyl them to a pulvis, and apply it morning and evening till it be whole.

How to draw  
the plague  
down to  
any place you  
will.

Take of *Burrage*, *Langdeber*, and *Calamint*, of each a good handfull, of *Harts tongue*, *Red min*, *Violets*, and *Marigold*, of each half a handfull, boyl them in white wine or fair running water, then add a penny worth of the best *Saffron*, and as much *Sugar*, and boyl them over again well, then strain it into an earthen pot, and drink thereof morning and evening, to the quantity of seven spoonfulls.

A Cordiall for  
any infection at  
the heart.

Take *Linsed* and *Lettice*, and bruise it well, then apply it to the stomack, and remove it once in four hours.

Against too vi-  
olent swearing.

For the *Head-ach*, you shall take of *Rose-water*, of the juyce of *Camomil*, of *womans milk*, of strong wine vinegar, of each two spoonfulls, mixe them together well upon a chaffing dish of coales: then take of a piece of a dry rose cake and steep it therein, and as soon as it hath drunk up the liquor and is thoroughly hot, take a couple of sound *Turneps*, grated to powder, and throw them upon the rose-cake: then breaking it into two parts, bind it on each side, upon the temples of the head; so let the party lye downe to rest, and the paine will in a short space be taken from him.

For the head-  
ach.

For *Frenzie*, or inflammation of the eardles of the brain, you shall cause the juyce of *Bet*, to be with a Syringe squirted up into the patients nostrils, which will purge and cleanse his head exceedingly; and then give him to drink posset ale, in which *Violet* leaves and *Lettice* hath been boyled, and it will suddenly bring him to a very temperate mildness, and make the passion of Frenzie forsake him.

For the Tenzy

For the *Lithargie* or extreame drowyness, you shall by all violent meanes, either by noise or other disturbances, force perforce keep the party from sleeping, and whensoever he calseth for drink, you shall give him white wine and *Sap-water*, of each a litle quantity mixt together, and not suffer him to sleep.

For the lethar-  
gy.



To provoke  
sleep.

sleep above four hours in four and twenty, till he come to his former wakefulness, which as soon as he hath recovered, you shall then forthwith purge his head with the juyce of *Beet*, squirted up in to his nostrils as it is before shewed.

For the swim-  
ming of the  
head.

But if any of the family be troubled with too much watchfulness, so that they cannot by any meanes take rest, then to provoke the party to sleep, you shall take of *Saffron* a Dram dried, and beaten to powder and as much *Lattice seed* also dried and beaten to powder, and twice as much *Poppy seed* beaten also to powder, and mixe these with womans milk till it be a thick salve, and then bind it to the temples of the head, and it will soon cause the party to sleep; and let it lye on not above four houres.

For the palsey

For the swimming or dizzing in the head, you shall take of *Agnes castus*, of *Broomes wort*, and of *Camomile* dried, of each two drammes mixt with the juyce of *Ivie*, oyl of *Roses*, and white wine, of each a like quantity, till it come to a thick salve, and then bind it to the temples of the head, and it will in short space take away the grief.

For a new  
cough.

For the Apoplexie or palsey, the strong sent or smell of a Fox is exceeding soveraign, or to drink every morning half a pint of the decoction of Lavendar, and to rub the head every morning and evening exceeding hard with a very clean course cloath, whereby the humors may be dissolved and dispersit into the outward parts of the body: by all meanes for this infirmity keep your feet safe from cold or wet, and also the nape of your neck; for from those parts it first getteth the strength of evill and unavoidable pains.

For an old  
cough.

For a cough or cold but lately taken, you shal take a spoon of Sugar finely beaten and scist, and drop into it of the best Aquavitz, untill all the Sugar be wet through, and can receive no more moisture: then being ready to lye down to rest, take and swallow the spoonfull of Sugar down, and so cover you warm in your bed, and it will soon break and dissolve the cold. But if the cough be more old and inveterate, and more inwardly fixt to the lungs, take of the powder of Betony, of the powder of Carraway seeds, of the powder of Sherwit dried, of the powder of *Hennels tongue*, and of pepper finely beaten



beaten of each two drams, and mingling them well with clarified *hony* make an electuary thereof and drink it morning and evening for 9 daies together, then take of *sugar-candy* coarsly beaten, an ounce of *Licorice* finely pared and trimmed, and cut into very little small slices, as much of *Anise seeds* and *Coriander seeds*, half an ounce, mixe all these together and keep them in a paper in your pocket, and ever in the day time when the cough offendeth you, take as much of this dredg as you can behold between your thumb and fingers and eat it, and it will give ease to your grief and in the night when the cough taketh you, take of the juice of *licorice* as much as two good Barley cornes, and let it melt in your mouth, and it will give you ease.

For the falling  
sickness.

Although the falling sickness be seldome or never to be cured, yet if the party which is troubled with the same, will but morning and evening, during the wane of the moon, or when she is in the sign *Vergo*, eat the Berries of the herb *Asperula*, or bear the herbs about him next to his bare skin, it is likely he shall find much ease and fall very seldome, though this medicine be somewhat doubtfull.

For the falling  
evill.

For the falling evill take, if it be a man, a female *mole*, if a woman, a male *mole*, and take them in *March*, or else *April*, when they go to the Buck: Then dry it in an oven, and make powder of it whole as you take it out of the earth, then give the sick person of the powder to drink evening and morning for 9 or 10 daies together.

An Oyl to  
help hearing.

To take away deafness, take a gray *Ele* with a white belly, and put her into a sweet earthen pot quick, and stop the pot very close with an earthen cover, or some such hard substance: then dig a deep hole in a horse dunghill, and set it therein, & cover it with the dung, & so let it remain a fortnight, and then take it out and clear out the oil which will come off it, and drop it into the imperfect care, or both, which be imperfect.

For the Rhume

To stay the flux of the Rhume, take *Sage* and dry it before the fire, and rub it to powder: then take bay salt and dry it, and beat it to powder, and take a Nunneg and grass it, and mixe them all together, and put them in a long linnen bag, then heat it upon a fire, and lay it to the nape of the neck.

For:

For a stinking  
breath.

For a stinking breath, take Oak buds when they are new budded out and distil them, then let the party grieved nine mornings, and nine evenings drink of it, then forbear a while, and after take it again.

A vomit for an  
ill breath.

To make a vomit for a strong stinking breath, you must take of *Antimonium* the weight of three barley corns, and beat it very small, and mix it with conserve of Roses, and give the Patient to eat in the morning, then let him take nine dayes together the juyce of Mints and Sage, then give him a gentle purgation, and let him use the juyce of Mint and Sage longer. This medicine must be given in the spring of the year; but if the infirmity come for want of digestion in stomach, then take *Mints*, *Marjoram* and *Wormwood*, and chop them small, & boyl them in *Malmsey* till it be thick, and make a plaister of it, and lay it to the stomach.

For the Tooth  
ach.

For the *Tooth ach*, take a handfull of *Daisie roots*, and wash them very clean, and dry them with a cloath, and then stamp them; and when you have stamped them a good while, take the quantity of half a nut-shell full of bay-salt, and strew it amongst the roots, and then when they are very well beaten, strain them through a clean cloath, than grate some *Calamus aromaticus*, and mix it good and stiff with the juyce of the roots, and when you have done so, put it into a quill, and snuff it up into your nose, and you shall find ease.

Another.

Another for the *Tooth ach*, take small *Sage*, *Rue*, *Smalage*, *Eetherfew*, *Worm-wood*, and *Mints*, of each of them half a handfull, then stamp them well all together, putting there-to four drams of *Honey*, and one dram of *Bay-salt*, with a penny worth of good *Aqua-vie*, stir them well together, then put it between two linnen cloths of the bigness of your cheek, temples and jaw, and quill it in a manner of a combe imbroidery, then set it upon a chaping dish of coales, and as hot as you may abide it, lay it over the side where the pain is, and lay you down upon that side, and as it cooles warme it again, or else have another ready warme to lay on.

A drink for a  
pearl in the  
eye.

To make a drink to destroy any pearle or film in the eye, take a good handfull of *Marigold plants*, & a handfull of *Red-Rose*, as much of *May-weed* beat the together, then strain the water out

of beer, then put it into a pot and stop it close, that the strength may not go out; then let the offended party drink thereof when he is in bed, and lye of that side on which the pearl is, and likewise drink of it in the morning next his heart when he is risen.

For pain in the eyes, take Milk when it comes new from the Cow, and having filled it into a clean vessell, cover it with a pewter dish, and the next morning take off the dish, and you shall see a dew upon the same, with that dew wash the pained eyes and it will ease them. For pain in the eyes.

For dim eyes, take Wormwood beaten with the gall of a Bull, and then strain it, and anoint the eyes therewith, and it will clear them exceedingly. For dim eyes.

For sore eyes, or blood-shotten eyes: take the white of an egge beaten to oyl, as much Rose-water, and as much of the juice of Houf-leek, mixe them well together, then dip flat pleagants therein & lay them upon the sore eyes, and as they dry, so renew them again and wet them, and thus do till the eyes be well. For sore eyes.

For Watery eyes, take the juice of *Affodill*, *Mirrh*, and *Saffron* of each a little, and mixe it with twice so much white wine, then boyl it over the fire, then strain it and wash the eyes therewith, and it is a present help. For watery eyes.

For a canker, or any sore mouth: take *Chervise* and beat it to a salve with old *Ale* and *Allum* water, and anoint the sore therewith, and it will cure it. For a canker.

For any swelling in the mouth, take the juice of *worm-wood*, *Camomil*, and *Shirwitt*, and mixe them with hony, and bath the swelling therewith, and it will cure it. A swelled mouth.

For the *Quinsie* or *Squinancie*, give the party to drink the herb *Moufear* steeped in Ale or beer, and look where you see a Swine rub himself, and there upon the same place rub a sleight stone, and then with it sleight all the swelling, and it will cure it. For the quinsie.

If you would not be drunk, take the powder of *Betony* and *Colewort*; mixe together; & eat it every morning fasting, as much as will ly upon a sixpence, and it will preserve a man from drunkennesse. Against drunkenness.

To

To quicken  
the wit.

To quicken a mans wits, spirit and memory, let him take *Langdebeef*, which is gathered in *June* or *July*, and beating it in a clean mortar, let him drink the juice thereof with warm water, and he shall find the benefit.

For the Kings  
Evill.

If a man be troubled with the *Kings evill*, let him take the red *Dock*, and sethe it in wine till it be very tender, then strain it, and so drink a good draught thereof, & he shall find great ease from the same: especially if he do continue the use thereof.

Additions to  
the particu-  
lar sic-  
knesses, and  
first of the  
head and the  
parts thereof,  
and the lungs.  
Another.

Take *Frankincense*, *Doves dung*, and *Wheatflower*, of each an ounce, and mixe them well with the white of an egge, then plaisterwise apply it where the pain is.

The oyl of *Lillies*, if the head be anointed therewith, is good for any pain therein.

Take *Rew*, and steep in Vinegar a day and a night, the *Rew* being well bruised, then with the same anoint the head twice or thrice a day.

For the head-  
ach, and to stay  
bleeding at the  
Nose.

Take the white of an egg and beat it to oyl, then put it to *Rosewater*, and the powder of *Alabaſter*, then take flaxe and dip it therein, and lay it to the temples, and renew it two or three times a day.

To draw our  
bones broken  
in the head.

Take *Agrimony* and bruise it, and plaister wise apply it to the wound, and let the party drink the juyce of *Betony*, and it will expell the bones, and heal the wound.

For the falling  
of the mold of  
the head.

Take the leaves of *Agrimony*, and boill them in honey, till it be thiek like a plaister, and then apply it to the wound of the head warm.

The Squin-  
cy.

Take a table-napkin, or any linnen cloath, and wet it in cold water, and when you go to bed apply it to the swelling, and lie upright; thus do three or four times in a night till the swelling waist.

The toothake

Take two or three *Dock* roots, & as many *Daisie* rootes, and boyl them in water till they be soft, then take them out of the water, and boyl them well over again in *Oyl Olive*, then strain them through a clean cloth, and anoint the pained tooth therewith, and keep your mouth close, and it will not onely take away the pain, but also ease my megrem or grief in the head.

To make teeth  
white.

Take a sawcer of strong vinegar, and two spoonfulls of the powder

powder of *Rosh-allum*, a spoonfull of white salt, and a spoonfull of honey, seeth all these till be it as thin as water, then put it into a close vial and keep it, and when occasion serves wash your teeth therewith, with a rough cloath, and rub them soundly, but not to bleed.

Take some of the green of the elder tree, or the apples of Oke trees, and with either of these rub the teeth and gums, and it will loosen them so, as you may take them out. To draw teeth without iron.

Take Sage and salt, of each alike, and stamp them well together, then bake it till it be hard, and make a fine powder thereof, then therewith rub the teeth evenings and mornings, and it will take away all yellowness. Teeth that are yellow.

First let them bleed, then take *Hartshorn* or *Ivory*, and red *pimpernel*, and bruise them well together; then put it into a linnen cloth, and lay it to the teeth, and it will fasten them. For teeth that are loose.

Take the juyce of *Louage*, and drop it into the ear, and it will cure any venome, and kill any worme, carewig, or other vermine. For any venome in the ear.

Take two ounces of *Comine*, and beat it in a mortar to fine powder; then boyl it in wine from a pottell to a quart, then drink thereof morning and evening as hot as you can suffer: or otherwise take an ounce of wild *ryme*, and being clean washed, cut it small, and then powder it; then put to it half an ounce of *pepper* in fine powder, and as much *Comine*, mixe them all well together, and boyl them in a pottell of white Wine, till halfe be consumed, and after mea (but not before) use to drink thereof hot, also once in the afternoon, and at your going to bed, and it will purge the breath. For a stinking breath which cometh from the stomack.

Take red nettles and burn them to powder; then adde as much of the powder of *pepper*, and mixe them well together, and snuffe thereof up into the nose, and thus do divers times a day. For stinking nostrils.

Take old Ale, and having boyled it on the fire, and cleansed it, ad thereto a pretty quantity of life-honey, and as much *Allom*, and then with a ferrindge or such like wash the faces therewith very warms. For a canker in the nose.

Take a gallon of running water, and boyl it to a pottell; then put A red water for any canker.

put



put to it a handfull of red Sage, a handfull of Celandines, a handfull of Honyuckles, a handfull of Woodbine leaves and flowers; then take a penniworth of grains made into fine powder, & boyl all very wel together; then put to it a quart of the best life-hony of a year old, & a pound of Roch Aliom, let all boyl together til it come to a pottel, then strain it and put it into a close vessel, & therewith dress & anoint the sores as occasion serves: it will ease any canker or Ulcer, and cleanse any wound; It is best to be made at *Midsummer*.

To cleere the eyes.

Take the flowers and rootes of *Primrose* clean washt in running water, then boyl them in fair running water the space of an hour, then put thereto a pretty quantity of white *Copperas*, and then strain all through a linnen cloth, and so let it stand a while, and there will an oyl appear upon the water, with that oyl anoint the lids and the browes of your eyes, and the temples of your head, and with the water wash your eyes, and it is most soveraign.

And her for the sight.

Take fifteen seeds of *Gynepes*, and as many *Gronswell* seedes, five branches of *Fennell*, beat them all together, then boyl them in a pint of old Ale till three parts bee wasted; then strain it into a glasse, and drop thereof three drops into each eye at night, and wash your eyes every morning for the space of fifteen dayes with your own water, and it will clear any decayed sight whatsoever.

For sore eyes.

Take red *Snayles*, and seeth them in fair water, and then gather the oyl that ariseth thereof, and therewith anoint your eyes morning and evening.

For sick eyes.

Take a gallon or two of the dregges of strong ale, and put thereto a handfull or two of *Comine*, and as much salt, and then distill it in a *Limbeck*, and the water is most precious to wash eyes with.

For bleered eyes.

Take *Celandine*, *Rue*, *Chervile*, *Plantain*, *Anise*, of each alike, and as much *Fennell* as of all the rest, stampe them all well together, then let it stand two dayes and two nights, then strain it very well and anoint your eyes morning and evening therewith.

For the pin and web in the eye.

Take an egg, and rost it extreame hard, then take the white being very hot, and lap in it as much white Coppe, as as a pease,



pease, and then violently strain it through a fine cloath, then put a good drop thereof into the eye, and it is most soveraign.

Take two drams of prepared Tussia, of Sandragon one dram, of Sugar a dram, bray them all well together till they be exceeding small, then take of powder and blow a little thereof into the eye, and it is soveraign. A powder for the pin and web in the eye.

Take of red rose leaves, of Smallage, of Malden hair, Endive, Sutcorry, red Fennell. Hil-wort, and Celandine, of each half a quarter of a pound, wash them clean, and lay them in steep in white wine a whole day, then distil them in an ordinary Salt, & the first water will be like gold, the second like silver, and the third like balm, any of these is most precious for sore eyes, and hath recovered sight lost for the space of ten years, having been used but four dayes. A precious water for the eyes.

Take the leaves of willow, and boil them well in oyl, and therewith anoint the place where you would have any hair to grow, whether upon head or beard. To make hair to grow.

Take Treacle water and hony, boil them together, and wet a cloath therein, and lay it where you would have hair to grow, and it will come speedily. Another.

Take nine or ten eggs and rost them very hard, then put away the yolks, and bray the whites very small with three or four ounces of white Copperas till it be come to perfect oyntment, then with it anoint the face morning and evening, for the space of a week and more. For a pimpled or red saucy face.

Take the rynd of Hyfop, and boil or burn it, and let the fume or smoak goe into the mouth, and it will stay any rhume falling from the head. For the rhume.

Take a pint of running water, and three spoonfulls of hony, and boile them together, and skim off the filth, then put thereto one ounce of small Raysew, and strain it well through a cloath, and so drink it morning and evening. For heartnes in the throat.

Take Aquavite and salt and mixe it with strong old ale, and then heat it on the fire, and therewith wash the soles of the feet when you go to bed. For a dangerous cough.

Take of clean wheat and of clean Barley of each a like quantity, and put them into a gallon and a half of fair water, and boyl them. For the dry cough.

them till they they burst, then strain it into a cleane vessell, and ad thereto a quartern of fine *Lycoras* powder, and two penny worth of *gumme Arabick*, then boile it over againe and straine it, and keepe it in a sweet vessell, and drinke thereof morning and evening.

For the tickle.

Take the best wort and let it stand till it be yellow, then boyle it, and after let it coole, then put to it a little quantity of *barm* and *Saffron*, and so drinke of it every morning and evening while it lasteth; otherwise take *hyre bound*, *violet leaves*, and *Isp*, of each a good handfull, seeth them in water, and put thereto a little *Sugar*, *Lycoras*, and *Sugar candy*, after they have boyled a good while, then strain it into an earthen vessell, and let the sick drinke thereof six spoonfulls at a time morning and evening; or lastly, take the lungs of a Fox, and lay it in rose water, or boyle it in rose water, then take it out and dry it in some hot place without the sun; then beat it to powder with *Sugar candy*, and eat of this powder morning and evening.

For griefes in the stomack.

To ease the pain in the stomack, take *Endive*, *Mints*, of each a like quantity, and steep them in white wine a dayes space; then straining and adding therunto a litle *Cinnamon* and *pepper*, give it to the sick person to drinke, and if you add thereto a little of the powder of *Herse-mint* and *Calamint*, it will comfort the stomack exceedingly, and occasion swift and good digestion.

For spitting of blood.

For spitting of blood, whether it proceed of inward bruises, overstraining, or such like; you shall take some *pitch*, and a little *Sperma Ceti*, and mix it with old Ale and drinke it, and it will stay the flux of blood: but if by means of the bruise any outward grief remain; then you shall take the herb *Brockell-hemp*, and frying it with sheeps tallow, lay it hot on the grieved place, and it will take away the anguish.

For vomiting.

To stay the fluxe or vomiting take *Wormewood*, and sower bread to feed, of each a like quantity, & beat them wel in a mortar; then add to them as much of the juyce of *Mints*, and the juyce of *pleintain*, as will bring it to a thick salve: then fry them all together in a frying pan, and when it is hot, lay it plaisterwise to the mouth of the stomack; then let the party drinke a little white Wine and *Chervile* water mixt together, and then steep four toasted bread in very strong vinegar, wrap it in a linc cloath, and let

let the sick party smell thereto, and it will stay the excessive vomiting, and both comfort and strengthen the stomach.

If you would compell one to vomit, take half a spoonfull of *stone-crop*, and mixe it with three spoonfulls of white wine, and give it to the party to drink, and it will make him vomit presently; but do this seldome, and to strong bodies, for otherwise it is dangerous.

For the *Illiac passio*, take of *Polypody* an ounce, and stamp it; then boyl it with *grunes* and *violets* in *fennell water*, or *Aniseed water*; take thereof a good quantity; then strain it, and let the party every morning and evening drink a good draught thereof.

If the stomach be troubled with wind or other pain, take *Commune* and beat it to powder, and mixe with it red Wine, and drink it at night, when you go to bed divers nights together.

Take *Brooklime* roots and leaves, and wash them clean and dry them in the Sun, so dry that you may make powder thereof; then take of the powder a good quantity, and the like of *Treacle*, and put them in a cup with a pretty quantity of strong old Ale, and stir them well together and drink thereof first and last, morning and evening, for the space of three or four dayes; and if need do require, use the same in the broaths you do eat, for it is very soveraign.

Take *Harts-horn*, or *Ivory* beaten to fine powder, and as much *Cynamon* in powder, mixe them with Vinegar, and drink thereof to the quantity of seven or eight spoonfulls.

Take the water of *Mousetare*, and drink thereof the quantity of an ounce and a half, or two ounces, twice or thrice a day: or otherwise take a little *Nutmeg*, a little *Cloves*, a little *Mace*, and a very little *Ginger*, & the flowers of *Lavender*, beat all unto a fine powder, and when the passion of the mother commeth, take a chaffingdish of good hot coales, and bend the patient forward and cast of the powder into the chaffingdish, so as she may receive the smoak both in at her nose and mouth, and it is a present cure.

Against obstructions in the Liver, take *Aniseeds*, *Anise*, *Fennel*, *Camomile*, and the greater *Camomile*, and boyl them in white wine.

wine with a little honey, and drink it every morning, and it will cure the obstructions, & cleanse the Liver from all imperfection.

Against the  
heat of the  
Liver.

Against the heat and inflammation of the Liver, take *Endive* dried to powder, and the meal of *Lupin seeds*, and mixe it with *honey* and the juyce of *Wormwood*, make a cake thereof and eat it, and it will assuage the great heat and inflammation of the Liver, and take away the pimples and redness of the face which proceedeth from the same.

For the Plurisie,

To prevent a *Plurisie* a good while before it come, there is no better way than to use much the exercise of ringing, or to stretch your arms upward, so as they may bear the weight of your body, & so to swing your body up and down a good space: but having caught a *Plurisie*, and feeling the gripes, stitches, and pangs thereof, you shall presently cause the party to be let blood, and then take the herb *Althea* or *Holyock*, and boyl it with *Vinegar* and *Linseed* till it be thick plaister-wise, and then spread it upon a piece of *Allom Leathery* and lay it to the side that is grieved, and it will help it.

A playster for  
a stitch.

To help a stitch in the side or elsewhere, take *Doves dung*, red *Rose leaves*, and put them into a bag and quile it: then thoroughly heat it upon a Chaffingdish of coals with *vinegar* in a platter: then lay it upon the pained place as hot as may be suffered, and when it cooleth heat it again.

Heat in the  
Liver.

For any extraordinary heat or inflammation in the Liver, take *Berberies* and boyl them in clarified whay, and drink them, and they will cure it.

For the Consumption.

If you will make a *Cordial* for a *Consumption*, or any other weakness, take a quart of running water, a piece of *Mutton*, and a piece of *Veal*, and put them with the water into a pot; then take of *Sorrell*, *Violet leaves*, *Spinage*, *Endive*, *Sugory Sage*, *Milfoil*, of each a good quantity; then take *Prunes* & *Raisins*, and put them all to the broth, and seeth them from a quart to a pint; then strain the yolk of an egge, and a little *Saffron* thereinto, putting in *Suger*, whole *Mace* and a little white wine, so seeth them a while together, and let the party drink it as warm as may be.

To staunch  
blood.

To staunch blood like the hearb *shepheard's purse*, (if it may be gotten) distilled at the Apothecaries, and drink an ounce thereof at a time morning and evening, and it will stay any fluxe

of blood naturall or unnaturall, but if you cannot get distilled water, then boyl a handfull of the herb with Cinnamon, and a little sugar, in Claret wine, and boyl it from a quart to a pint, and drink it as oft as you please; also if you but rub the herb betwene your hands, you shall see it will soon make the blood return.

For the *Yellow Jaundise*, take two peny worth of the best English *Saffron*, dry it, and grind it to exceeding fine powder; then mixe it with the *juyce* of a roasted apple, & give it the diseased party to swallow down in manner of a pill, and do thus divers mornings together, and without doubt it is the most present cure that can be for the same, as hath been oftentimes proved.

For the *Yellow Jaundise* take *pimpernell* and *Gibb-weed*, stamp them and strain them into posset ale; and let the party drink thereof morning and evening.

For the *Yellow Jaundise* which is desperate, and almost past cure: take sheeps dung new made, and put it into a cup of Beer or Ale, and close the cup fast, and let it stand so all night, and in the morning take a draught of the clearest of the drink, and give it unto the sick party.

For the *black Jaundise* take the herb called *Penyryall*, and either boyl it in white Wine, or drink the juyce thereof simply by it self to the quantity of three or four spoonfull at a time, and it will cure the black Jaundise.

Take of *Hyfop*, *Parsley*, and *Harts tongue*, of each a like quantity, and seeth them in wort til they be soft, then let it stand till it be cold, and then drink thereof first and last, morning and evening.

Take *Fennel roots*, and *Parsley roots* of each a like, wash them clean, and pill off the upper barke and cast away the pith within; then mince them small; then put them to three pints of water, and let them over the fire; then take figs and shred them small, take *Lycoras* and break it small, and put them to the herbs, and let all boyl very well; then take *Sorrell* and stamp it and put it to the rest, and let it boyl till some part be wasted; then take a good quantity of honey and put to it and boyl it while then take it from the fire, and clarify it through a strainer into a glass vessel, and stop it very close, then give the sick to drink



To heal a  
Ringworm,  
Coming of the  
heat of the li-  
ver.

To staunch  
blood.

For great  
danger in  
bleeding.

For a Strich.

A Bath for the  
Leprosie.

For the Drop-  
sie.



Pain in the  
Spleen.

Pain in the  
Liver.

For flatulie  
and short  
breath.

thereof morning and evening.

Take the stalk of Saint *Mary Garlick*, and burn it, or lay it up-  
on a hot tyle stone untill it be very dry, and then beat it into  
powder, and rub the sore therewith untill it be whole.

Take wool in the Walkmill that commeth from the cloth  
and flyeth about like Down, and beat it into powder; then take  
thereof and mixe it with the white of an egge and wheat flower,  
and stamp them together; then lay it on a linnen Cloth or Lint,  
and apply it to the bleeding place, and it will stanch it.

If a man bleed and have no present help, if the wound be on  
the foot, bind him about the ankle, if in the legs, bind him about  
the kner; if it be on the hand, bind him about the wrist; if it be  
on the arm, bind him about the brawn of the arm, with a good  
list, and the blood will presently stanch.

Take good store of *Cynamen* grated, and put it into posset  
ale very hot and drink it, and its a present cure.

Take a gallon of running water; and put to it as much salt as  
will make the water salt as the Sea water, then boyl it a good  
while, and bath the legs therein as hot as may be suffered.

For the Dropsie, take *Agnus castus*, *Fennel*, *Affodil*, dark *Wal-  
wart*, *Lupins*, and *Wormwood*, of each a handfull, and boyl them in  
a gallon of white Wine untill a fourth part be consumed: then  
strain it and drink it morning and evening half a pint thereof;  
and it will cure the Dropsie; but you must be carefull that you  
take not *Daffodill* for *Affodil*.

For pain in the Spleen, take *Agnus castus*, *Agrimony*, *Aniseeds*,  
*Centaurie* the great, and *Wormwood*, of each a handfull, and boyl  
them in a gallon of white wine, then strain it, and let the patient  
drink divers mornings together half a pint thereof; and at his  
usuall meals let him neither drink Ale, Beer, nor Wine, but such  
as hath had the hearb *Tamarisk* steeped in the same; or for white  
of the hearb, let him drink out of a cup made of *Tamarisk* wood,  
and he shall find remedy.

For any pain in the side, take *maywort* and red *Sage*, and dry  
them between two tile stones, and then put it in a bag, and lay it  
to your side as hot as can be indur'd. To waite for blood and pain  
To help him that is exceeding fat, purifie, and short breather,  
take hony clarified, and bread unleavened, and make toasts of it,  
and

and dip the coasts in the clarified hony, and eat this divers mornings with your meat.

Take a lump of iron or steel, and heat it red hot, and quench it in Wine, and then give the wine to the sick party to drink. Additions  
To the diseases of the Spleen.

Take *Fennell seeds* and the roots, boyl them in water, and after it is cleansed, put to it honey, and give it the party to drink; then seeth the herb in Oyl and Wine together, and plaister-wise apply it to the side. For stopping of the spleen.

Make a playster of *Wormwood* boyled in Oyle, or make an oymnt of the juyce of *Wormwood*, of *Vinegar*, *Armoniack*, *VVax*; and Oyl, mixed and melted together, and anoint the side therewith, either in the Sun, or before the fire. For hardness of the spleen.

Take the powder of *Galingal*, and mixe it with the juyce of *Burrage*, and let the offended party dinke it with sweet wine. For diseases of the heart.

Take *Rosemary* & *Sage*, of each an handful, & seeth the in white Wine or strong Ale, and then let the patient drink it lukewarm. For passion of the heart.

Take the juyce of *Fennell* mixt with honey, and seeth them together till it be hard, add then eat it evening and morning, and it will consume the fatnesse. For Heart sickness.

For the *VVind collick*, which is a disease both generall and cruell, there be a world of remedies, yet none more approved

than this which I will repeat: you shall take a *Nutmeg* sound and large, and divide it equally into four quarters: the first morning

afsoon as you shall rise, eat a quarter thereof; the second morning two quarters, and the third eat three quarters, & the fourth

morning eat a whole *Nutmeg*, & so having made your stomach

& tast familiar therewith, eat every morning whilst the *Collick* of-

fendeth you a whole *Nutmeg* dry without any composition, and fast ever an hour at least after it, and you shall finde a most un-

speakeable profit which will arise from the same. For the wind Collick.

For the wind collick, take a good handfull of clean wheat meal as it cometh from the Mil, and two eggs and a little

wine-vinegar, and a little *Aquavite*, and mingle them together

coll, and make a cake of it, and bake it on a gridiron with a

soft fire, and turn it often and tend it with blasting of *Aquavite*

with a feather; then lay it somewhat higher then the pain is, rather than lower. The wind collick.

For the *Lask* or extreme scouring of the belly, take the seeds For the Lask.

of the *Wood-rose*, or *Byer-rose*, beat it to powder, and mixe a dram thereof with an ounce of the conserve of *Sloes*, and eat it, and it will in a short space bind and make the belly hard.

For the bloody flux.

For the bloody-fluxe, take a quart of red wine, and boyl therein a handfull of *shepheards purse*, till the hearb be very soft: then strain it & adde thereto a quarter of an ounce of *Cynamon*, and as much of dried *Tanners bark* taken from the ouze, and both beaten to fine powder; then give the party half a pint thereof to drink morning and evening, it being made very warm, and it will cure him.

To stay a lack.

To stay a sore *Lisk*, take *Plantain-water* and *Cynamon* finely beaten, and the flowers of *Pomgranates*, and boyl them well together; then take *Sugar* & the yolk of an egge, and make a caudell of it, and give the grieved party it.

For the flux.

For the Flux take *Srags pizzell* dried and grated, and give it in any drink, either in Beer, Ale, or Wine, and it is most soveraign for any Flux whatsoever. So is the jaw bones of a Pike, the teeth and all dried and beaten to powder, and so given the party discaised in any drink whatsoever.

For the worst Flux.

To cure the worst bloody Fluxe that may be, take a quart of red wine, and a spoonfull of *Commin seed*, boil them together until half be consumed, then take *Knorgrass* and *Shepheards purse*, and *Plaintain*, and stamp them severall, and then strain them and take of the juyce of each of them a good spoonfull, and put them to the wine, and so seeth them again a little: then drink it lukewarm, half overnight, and half the next morning: & if it fall out to be in Winter, so that you cannot get the herbs, then take the water of the herbs distilled, of each three spoonfulls, and use it as before.

For costiveness.

For extream costiveness, or binding in the body, so as a man cannot avoid his excrements, take *Annis seeds*, *Fennigreek*, *Linseeds*, and the powder of *Piony*: of each half an ounce, and boyl them in a quart of white wine and drink a good draught thereof, and it will make a man goe to the stoole orderly and at great ease.

For Wormes.

For wormes in the belly, either of child or man, take *Aloes Cicotrine*, as much as a half hazell Nut, & wrap it in the pap of a roasted Apple, and so let the offended party swallow it in the manner

manner of a pill fasting in the morning, or else mixe it with three or four spoonfulls of Muscadine, and so let the party drink it, and it is a present cure: But if the child be either too young, or the man too weak with sickness, that you dare not administer any thing inwardly, then you shall dissolve your Aloes in the oyl of Savine, making it salve-like thick, then plaister-wise spread it upon sheeps leather, and lay it upon the navil and mouth of the Stomack of the grieved party, and it will give him ease; so will also unset leaks chopt small and fryed with sweet butter, and then in a linnen bag apply it hot to the navill of the grieved party.

Take a quart of red wine, and put to it three yolks of eggs, and a penniworth of long-Pepper and grains, and boyle it well, and drink it as hot as can be suffered: or otherwise take an ounce of the inward bark of an oak, and a penny worth of long Pepper, and boyl them in a pint and better of new Milk, and drink it hot first and last morning and evening.

Take an egg, and make a little hole in the top, and put out the white, then fill it up againe with *Aquaviva*, stirring the egg and *Aquaviva*, till it be hard, then let the party eat the egg, and it will cure him, or otherwise take a pint of red wine and nine yolks of eggs, and twenty pepper corns small beaten; let them seeth untill they be thick, then take it off, and give the diseased party to eat nine spoonfulls morning and evening.

Take of Rue and Beets a like quantity, bruise them, and take the juyce, mixe it with clarified hony, and boyl it in red wine, and drink it warm first and last morning and evening.

Take *Mercury*, *Cinkfyll*, and *Mallowes*, and when you make pottage or broth with other hearbs, let these herbs before named have most strength in the pottage, and eating thereof, it will give you two stooles and no more.

Take two spoonfulls of the juyce of Ivie leaves, and drink it three times a day, and it will dissolve the hardness.

Take the bark of the roots of the Elder tree, and stamp it, and mixe it with old ale, and drink thereof a good hearty draught.

Take the crummes of white bread, and steep it in Milk with *Alum*, and ad Sugar unto it and eat it, and it will open the belly.

Additions  
To the diseases  
of the belly  
and guts.  
For the greatest  
Lax.

For the bloody  
flux.

For an easie  
Lax.

To have two  
stoels a day  
and no more.

For hardness of  
the belly or  
womb. It has  
Against co-  
stiveness.

For the wind  
collick.

• Take

For the stop-  
ping of the  
womb.

Take the Kernels of three Peach stones, and brulie them, seven cornes of cale peppery and of sliced ginger a greater quantity than of the pepper, pound all together grossly, and put it into a spoonfull of sack (which is best,) or else white Wine, or strong Ale, and drink it off in a great spoon, then fast two hours after, & welk up & down if you can; if otherwise, keep your self warm and beware.

For the rup-  
ture.

Take of *Daisies*, *camfrey*, *Polypody* of the Oak, and *Avens*, of each half a handfull, two roots of *Osmund*, boil them in strong Ale and hony, and drink thereof morning, noon, and night, and it will heal any reasonable rupture. Or otherwise take of *Smallage*, *Comfrey*, *setwell*, *Polypody*, that grows on the ground like *fearn*, *daisies* and *mores*, of each a like, stamp them very small, and boil them well in *Barm*, untill it be thick like a poulter, and so keep it in a close vessell, and when you have occasion to use it, make it as hot as the party can suffer it, and lay it to the place grieved, then with a trusse, trusse him up close, & let him be careful for straining of himself; and in a few dayes it will knit, during which cure, give him to drink a draught of red wine, and put therein a good quantity of the flower of fetches, finely poulted, stirring it well together, and then fast an hour after.

For the stone.

For the violent pain of the stone, make a posset of milk and sack, then take off the curd, and put a handfull of *Camomill* flowers into the drink, then put it into a pewter pot and let it stand upon hot embers, so that it may dissolve: and then drink it as occasion shall serve. Otherwise for this grief take the stone of an Ox gall, and dry it in an oven, then beat it to powder, and take of the quantity of a hazell nut with a draught of good Ale or white wine.

Another.

The collick  
and stone.

For the Collick and stone, take hawthorn berries, the berries of sweet briars, and ashen keyes, and dry them every one severally untill you make them into powder, then put a little quantity of every one of the together, then if you think good, put to it the powder of *Licorae* and *Aniseeds*, to the intent the party may the better take it, then put in a quantity of this powder in a draught of white wine, and drink it fasting. Otherwise you may take *Smallage*-seed, *Parsley*, *Levage*, *Saxifrage*, and *broomseed*, of each

Another.



each one of them a little quantity, beat them into a powder, and when you feel a fit of either of the diseases, eat of this powder a spoonfull at a time either in pottage, or else in the broth of a chicken, and so fast two or three hours after.

To make a powder for the collicke and stone, take *fennell*, *parsley-seed*, *aniseed*, and *carraway seed*, of each the weight of six pence, of *gruvel seed*, *sanifrage seed*, the roots of *Filipendula*, and *licoriz*, of each the weight of twelve pence, of *galingall*, *spikenard*, and *Cinamon*, of each the weight of eight pence, of *Sena* the weight of 17. shillings good weight, beat them all to powder and searce it, which will weigh in all 25 shillings and 6 pence.

A powder for the collicke and stone.

This powder is to be given in white wine & sugar in the morning fasting, and so to continue fasting two houres after, and to take of it at one time the weight of tenne pence, or twelve pence.

Other Physicians for the stone take a quart of shewell or white wine, and two lemons, and pare the upper rind thin, and slice them into the wine, and as much white soap as the weight of a goat, and boil them to a pint, and put thereto sugar according to your discretion, and so drink it, keeping yourself warm in your bed, and lying upon your back.

Another.

For the stone in the keynes, take *Amar*, *Camomill*, *Maidenbaird*, *Sparrowtongue*, and *Pöilipendula*, each alike quantity, dry it in an oven, and then beat it to powder, and every morning drink half a spoonfull thereof with a good draught of white wine, and it will help.

For the stone in the reins.

For the stone in the bladder, take a radish-root and slit it cross twice, then put it into a pint of white wine and stop the vessel exceeding close: then let it stand all one night, and the next morning drink it off fasting, and thus do divers mornings together, and it will help.

For the stone in the bladder.

For the stone in the bladder, take the kernels of flocs, and dry them on a tile stone, then beat them to powder, then take the roots of *Alexander*, *parsley*, *pellitory*, and *botiback*, of every of their roots a like quantity, and seeth them all in white wine, or else in the broth of a young chicken: then strain them into a cleen vessel, and when you drink off, put in a half a spoonfull of the powder of floc kernels. Also if you take the oyle of

A powder for the stone in the bladder.

Scor-



Scorpion it is very good to anoint the members, and the tender parts of the belly against the bladder.

**A bath for the stone,** and *linseed*, *pellitory* of the wall, and seeth them in the broth of a sheeps head, and bath the reins of the back therewith oftentimes, for it will open the straitness of the water conduits, that the stone may have issue, and assuage the pain, and bring out the gravell with the urine: but yet in more effect, when a plaister is made and laid upon the reins and belly immediately after the bathing.

**A water for the stone.** To make a water for the stone, take a gallon of new milk of a red Cow, and put therein a handfull of *pellitory* of the wall, and a handfull of wild time, and a handfull of *Saxifrage*, and a handfull of *parry*, and two or three radish roots sliced, and a quantity of *philipendula* roots. let them lie in the milk a night, and in the morning put the milk with the hearbs into a still, and distil them with a moderate fire of charcoal or such like: then when you are to use the water, take a draught of rhenish wine or white wine, and put into it five spoonfulls of the distilled water, and a little nutmeg and sugar sliced, and then drink of it, the next day meddle not with it, but the third day do as as you did the first day, and so every other day for a weekes space.

**Difficulty of Urine.** For the difficulty of urin, or hardness to make water, take *Smallage*, *Dill*, *Aniseeds*, and *Burners*, of each a like quantity, and dry them and beat them to fine powder and drink half a spoonfull thereof, with a good draught of white wine.

**For hot Urine.** If the urine be hot and burning, the parry shall rise every morning to go to drink a good draught of new milk and sugar mixt together, and by all meanes to abstain from beer that is old hard and tart, and from all meats and sawces which are sower and sharp.

**For the strangullion.** take *Saxifrage*, *Polypody* of the Oak, the root of beanes, and a quantity of *Raisins*, of every one three handfull or more, and then two gallons of good wine, or else wine left, and put it into a Serpentry, and make thereof a good quantity, and give the sick to drink morning and evening a spoonfull at once.

For

For them that cannot hold their water in the night time, For pissing in  
take Kids hoof, and dry it, and beat it into powder, and give it bed.  
to the patient to drink, either in beer or ale four or five times  
over.

For the rupture or bursennels in men, take *Comfrey* and *Per-*  
*nissmound*, and beat them together, and yellow wax, and  
Dears suet, untill it come unto a salve, and then apply it unto  
the broken place and it will knit it; also it shall be good for the  
the party to take *Comfrey* roots, & rost them in hot embers as you  
rost wardens, and let the party eat them, for they are very sove-  
raign for the rupture; especially being eaten in a morning fa-  
sting; and by all means let him were a strong trusse till it be  
whole.

For the rup-  
ture.

Take *Goats* claws and burn them in a new earthen pot to  
powder, then put of the powder into broth or pottage, and eat  
it therein: or otherwise tak *Re*, *Parsley*, and *Gromwell*, and stamp  
them together, and mixe it with wine and drink it.

Additions to  
the diseases of  
the reins and  
bladder.

Take *Agnus castus* and *Castoreum*, and seeth them together in  
wine, and drink thereof, also seeth them in vinegar, and lap it  
hot about the privy parts, and it will help.

For him that  
cannot hold  
his water.

Take *Malmesey* and butter, and warm it, and wash the reins  
of the back, whereupon you find pain, then take oyle of *Mace*  
and anoint the back therewith.

For the Gono-  
rea or shedding  
of seed.

First wash the reins of the back with warm white wine, then  
anoint all the back with the oyntment called *perfluane*.

For weakness  
in the back.

Take a leg of beef, a handfull of *Fennel* roots, a handfull of *For heat in the*  
*perly* roots, two roots of *comfrey*, one pound of *raisins* of the reins.  
Sun, a pound of damask *prunes*, and a quarter of a pound of *For comfort-*  
*raisins*, put all these together, & boyl them very soft with six leaves *ting and*  
of *mint*, six leaves of *clary*, twelve leaves of *bitany* of the wood, and *strengthening*  
of the back.  
a little *baris senger*, when they are sod very soft, take them into  
the same Broth again with a quart of sack, and a penny worth of  
large mace, and of this drink at your pleasure.

For the Hemeroides, which is a trouble some and sore grief,  
take of *Dill*, *Dogge-fennell*, and *Pellitory of Spain*, of each half a  
handfull, and beat it in a morter with *Sheeps suet* and black  
Sope, till it come to a salve, and then playster-wile, apply it to  
the

For the Heme-  
roids.

For the piles  
or hemeroids.

the sores, and it will give the grief ease.

For the Piles or Hemeroides, take half a pint of ale, and a good quantity of pepper, and as much allom as a Walnut; boyl all this together till it be as thick as birdlime or thicker; this done take the juyce of white violets, and the juyce of Houfleeke, and when it is almost cold, put in the juyce and strain them altogether, and with this oynment anoint the sore place twice a day. Otherwise for this grief take Lead and grate it small, and lay it upon the sores: or else take muscles dried and beat to powder, and lay it on the sores.

For the falling  
of the funda-  
ment.

If a mans fundament fall down through some cold taken, or other cause, let it be forthwith put up again: then take the powder of *Town cresse* dried, and strew it gently upon the fundament, and anoint the reins of the back with honey, and then about it strew the powder of *Cumin* and *Calasine* mixt together, and ease will come thereby.

Additions to  
the diseases of  
the private  
parts.  
For the heme-  
roids.

Take a great handfull of *orpins*, and bruise them between your hands, till it be like a salve, and then lay them upon a cloath and bind them fast to the fundament.

For the green  
sickness.

To help the green sickness, take a pottle of white wine and a handfull of *Rosemary*, a handfull of *Wormwood*, an ounce of *Cardus Benedictus* seed, and a dram of *Clives*: all these must be put into the white wine in a jug, and covered very close, and let it steep a day and a night before the party drink of it, then let her drink of it every morning, and two houres before supper; and so take it for a fortnight, and let her stir as much as she can, the more the better, and as early as she can. Otherwise for this sickness take *Hysop*, *Fennell*, *Peny-royall*, of these three one good handfull, take two ounces of currants, seeth these in a pint of fair water to a half, then strain the hearbs from the liquor, and put thereto two ounces of fine sugar, and two spoonfulls of white wine vinegar, let the party drink every morning foure spoonfulls thereof, and walk upon it.

To increase  
womans milk.

To increase womans milk, you shall boyl in strong posset a good flore of *Colwort*, and cause her to drink every meal of the same: also if she use to eat boyled *Colwort* with her meat, it will wonderfully increase her milk.

To dry up womans milk, take red sage, and having stamp

And strained the juyce from the same, adde therunto as much wine vinegar, and stir them well together, then warm it on a flat dish, over a few coals, steep therein a sheet of brown paper, then making a hole in the midst thereof for the nipple of the brest to go through, cover all the brest over with the paper, and remove it as occasion shall serve, but be very careful it be laid very hot to. Some are of opinion, that for a woman to milk her breasts upon the earth, will cause her to dry, but I refer it to trial.

To dry the  
milk.

To help womens sore breasts, when they are swelled, or else inflamed, take violet leaves and cut them small, and seeth them in milk or running water with wheat bran, or wheat bread crummes, then lay it to the sore as hot as the party can endure it.

A pulvis for  
sore breasts.  
in women.

If a woman have a strong and hard labour, take four spoonfulls of another womans milk, and give it the woman to drink in her labour, and she shall be delivered presently.

For ease in  
child bearing.

If a woman by mischance have her child dead within her, she shall take *Distander*, *Felwort*, *Penroyall*, and stamp them, and take of each a spoonfull of the juyce, and mix it with old wine, and give her to drink, and she shall soon be delivered without danger.

Child dead in  
the womb.

To make a woman to conceive, let her either drink *Mugwort* steeped in wine; or else the powder thereof mixed with wine, as shall best please her taste.

Apoves to  
conceive.

Take the powder of *Corrall* finely ground, and eat it in a raw egg, and it will stay the flux.

Additions to  
womens infir-  
mities.

Against womens termes, make a pessary of the juyce of *Mugwort*, or the water that it is sodden in, and apply it, but if it be for the flux of the flowers, take the juyce of *Plantain* and drink it in red wine.

To ease wo-  
mens flowers

Take a *Fomentation* made of the water wherein the leaves and flowers of *Tusson* is sodden, to drink up the superfluities of the matrix, it cleanseth the entrance, but this herb would be gathered in harvest: if the woman have pain in the Matrix, set on the fire water that *Amomum* hath been sodden in, and of the decoction make a pessary, and it will give ease.

Against the  
flowers.  
For the matrix.

Take

A gentle  
purge for a  
woman in  
child-bed.

Take two or three eggs, and they must be neither roost nor raw, but between both, & then take butter that Sale never came in, and put into the egges, and sup them off, and eat a piece of brown bread to them, and drink a draught of small Ale.

To deliver the  
dead birth.  
To increase  
milk.

Take the root of *Aristolochia rotunda*, and boyl it in wine and oyl, make a *somentation* thereof, and it helps.

Take the buds and tender crops of *Briary* and boyl them in broth or portage, and let the woman eat thereof, it is soveraign.

For a woman  
that is new  
brought in bed  
and swooneth  
much.  
To provoke  
sleep.

Take *Mugwort*, *Motherwort*, and *Mints*, the quantity of a handfull in all, sceth them together in a pint of *malmsiey*, and give her to drink thereof two or three spoonfulls at a time, and it will appease her swooning.

Take *Hembane* stamped and mixt with vinegar, and apply it plaisterwise over all the forehead, and it will cause sleep.

For sore breasts.

Take *Sage*, *Smallage*, *Mallowes*, & *plantain*, of each an handful, beat them all well in a mortar, then put unto them oarmeal and milk, and spread it on a fine linnen cloth an inch thick, and lay it to the breast or breasts: or otherwise take white bread Leaven and strain it with cream, and put thereto two or three yokes of egges, salat oyl, or oyl of *Roses*, and put it upon a soft fire till it be warm, and so apply it to the breast.

For morphew  
of both kinds.

For Morphew, whether it be white or black, take of the *Lotharge* of gold a dram, of unwrought brimstone two drams, beat them into fine powder, then take of the oyl of *Roses* and *Swines* grease, of each a like quantity, and grind them altogether with half a dram of *camphire* and a little vinegar, and anoint the same therewith morning and evening.

To breed hair.

To breed hair, take *Southerawood* and burn it to ashes, and mixe it with common oyl, then anoint the bald place therewith morning and evening, and it will breed hair exceedingly.

For the gout.

For the Gout, take *Aristolochia rotunda*, *Athena*, *Beitony*, and the roots of wild *Neep*, and the roots of the wild *dock* cut in pieces after the upper rind is taken away, of each a like quantity, boyl them all in running water till they be soft and thick: then stamp them in a mortar as small as may be, and



put thereto a litle quantity of chimney soot, and a pint of new milk of a Cow which is all of one intire colour, and as much of the urine of a man that fasting, and having stirred them all well together, boyl them once again on the fire, then as hot as the party can suffer it apply it to the grieved place and it will give him ease.

For the *Sciatica* take of mustard seed a good handfull, and as much of white hony, and as much in weight of figs, and crummes of white bread half so much, then with strong vinegar beat it in a mortar till it come unto a salve, then apply it unto the grieved place and it will give the grieved party ease, so will also a plaister of *Oxycrotonum*, if it be continually warm upon the same.

To help all manner of swellings or aches in what part of the body soever it be; or stinging of any venomous beast, as *Adder* or swelling of *Snake*, or such like, take *Hore-bound*, *Smallage*, *Porrets*, smal *Mal-lower*, and wild *tansey* of each a like quantity, and bruise them or cut them small: then seeth them altogether in a pan with milk, *oatmeal*, and as much *Sheeps suet*, or *Deares suet* as a *Hens* egge, and let it boyl till it be thick plaister, then lay it upon a blew woollen cloath, and lay it to the grief as hot as one can suffer it.

For any swelling in the legs or feet, take a good handfull of water *Cresses*, and shread them small, and put them in an earthen pot: and put thereto thick *Wine Lees* and wheat bran, and *Sheeps suet*, of each of them a like quantity, and let them boyl together until they be thick, then take a linnen cloath, and bind it about the sore and swelling as hot as the party grieved can indure it, and let it remain on a whole night and a day without any removing, and when you take it away, lay to it a fresh plaister, hot, as before, and it will take away both the pain and swelling. Other Chirurgeons for this grief take hony and beer and beat them together, and therewith bath the swelling morning and evening.

To wash any sore or Ulcer, take running water, and *Bolearmick* and *Campfire* and boyl them together, and dip in a cloath wash a sore and lay it to the sore as hot as may be indured; also *Plantain* water is good to kill the heat of any sore: or if you take *Woodbine* leaves, and bruise them small it will heal a sore; or if you



wash a sore with verjuice, that hath been burnt or scalded it is a present remedy.

A pockis for a  
sore.

There be divers others which for this grief take the green of Goose dung and boyl it in fresh butter, then strain it very cleane and use it. And *Sallet oyl* and *Snow water* beaten together will cure any scald or burning.

For any old  
sore.

To cure any old sore how grievous soever it be, take of new milk three quarts, and a good handful of *Plantain* and let it boyl till a pint be consumed: then add three onnces of *allom* made in powder, and an ounce and a half of white *Sugarcandy* powdered. Also then let it boyl a little till it have Curd, then strain it, with this warm wash the Ulcer and all the member about it: then dry it, and lay upon the Ulcer *Unguentum Basilicon* spread on linte, & your *diminium* plaister over it, for this strength and killeth the itch: but if you find this is not sharp enough, then take of milk a quart, *allom* in powder two ounces, vinegar a spoonfull, when the milk doth seeth, put in the *allom* and vinegar then take off the curd and use the rest as was before-said, and it will cure it.

For any scab  
or itch.

For scabs or itch take *unguentum Populionis*; and therewith anoint the party and it will help, but if it be more strong and rank, take an ounce of *Nerve oyl*, and three pennyworth of quicksilver, and beat and work them together, untill you see that assuredly the quicksilver is killed; then let the party anoint therewith the palmes of his hands, the boughs at his elbowes, his arm-pits and hams, and it will cure all his body.

For the lepro-  
sie.

To cure the leprosie take the juyce of *Caltworts*, and mixe it with *Allom* and strong ale, and anoint the Leper therewith morning and evening, and it will cleanse him wonderfully, especially if he be purged first, and have some part of his corrupt blood taken away.

To take away  
pimples.

To take away either pimples from the face, or any other part of the body, take virgin wax and *sperma ceti*, of each a like quantity, and boyl them together and dip in a fine linnen cloth, and as it cools dip it well of both sides, then lay upon another fair cloath upon a table, and then fold up a cloath in your hands and all to smite it with the cloath, then take as much as will cover the grieved place,

If any man have his privy parts burnt, take the ashes of a *Privie parts*  
 flannel cloth in good quantity, and put it into the former *burnt.*  
 oyl of eggs, and anoint the fore member therewith, and it will  
 cure it.

For any burning, take fixe new layd eggs and roast them ve- *For any burn-*  
 ry hard, and take out the yolkes thereof and put them into an *ing.*  
 earthen pot, and set it over the fire on hot embers, and then whilst  
 the eggs look black stir them with a slice untill they come to an  
 oyl, which oyl take clarifie, and put it into a glass by it self,  
 and therewith anoint the burning and it will cure  
 it.

For any scalding, with hot water, oyl or otherwise, take good *For any scald-*  
 cream, and set it on the fire, and put it into it the green which *ing.*  
 growes on a stone wall, take also yarrow, the green of elder bark  
 and fire grass, and chop them small, then put them into the  
 cream, and stir it well till it come to an oyl salve, then strain it  
 and anoint the fore with it.

To dry up any fore, take *Smallage, Groundsill, wild mallows,* A pulvis to dry  
 and *violet leaves:* chop them small and boyl them in milk with a fore.  
 bruised *Oatmeal* and sheeps suet, and so apply it to the fore.

To eat away dead flesh, take *Sabblewort,* and fold it up in a *To eat away*  
 red dock leaf, or red wort leaf, and so rost it in the hot embers *dead fl. sh.*  
 and so lay it to the fore, and it will fret away all the dead flesh:  
 or otherwise, if you strew upon the fore a little precipitate, it  
 will eat away dead fl. sh.

To make a water to heal all manner of wounds, you shall  
 take *Lup. wort* flowers, leaves, and roots, and in *March* or *April,* *A water to*  
 when the flowers are at the best, distil it, then with that *heal wounds.*  
 water bath the wound, and lay a linnen cloth well therewith in  
 the wound and it will heal it.

To heal any wound or cut in any fl. sh or part of the body, *To heal any*  
 First if it be fit to be sticht, slitch it up, and then take *W. und.*  
*Vnguentum ANTIQUE,* and lay it upon a plegant of lint, as big as the  
 wound, and then over it lap a *diminium* plaister made of *Sallet*  
 oyl and red lead, and so dress it at least once in four and twenty  
 hours, but if it be a hollow wound, as some thrust in the  
 body or other members, then you shall take *Balsamum cephalicum,*  
 and warming it on a chafing dish of coales, dip the tent therein

and to put it into the wound, then lay your plaster of *diminium* over it, and do thus at least once a day untill it be whole.

For sinews cut  
or shrunk.

If a mans sinews be cut or shrunk, he shall go to the root of the *wild neep*, which is like woodbine, and makes a hole in the midst of the root, then cover it well again that no air go out nor in, nor other moisture; thus let it abide a day and a night, then go and open it, and you shall find therein a certain liquor; then take out the liquor and put it into a clean glasse, and do thus every day whilst you find any moisture in the hole; and this must onely be done in the months of *Aprill* and *May*; then anoint the sore therewith against the fire, then wet a linnen cloath in the same liquor, and lap it about the sore, and the vertue will soon be perceived.

To break any  
impostume.

To break any *Impostume*; and to ripen it onely take the green *Mililot* plaister, and lay it thereunto; and it is sufficient.

Two generall  
infirmities of  
Surgery, and  
first of burn-  
ings & scald-  
ing.  
For burning  
or scalding,  
with either  
Liquor or  
Gunpowder.

Take *Plantain* water, or *Sallet* oyl and running water beaten together, and therewith anoint the sore with a feather, till the fire be taken out, then take the white of eggs and beat them to oyl; which done, take a hare skinn and clip the hair into the oyl, and make it as thick as you may spread it upon a fine linnen cloath, and so lay it upon the sore, and remove it not, untill it be whole, and if any rise up of it self, clip it away with your shears, and if it be not perfectly whole, then take a little of the ointment and lay it unto the same place again: otherwise take half a bushell of Glovers shreads of all sorts, and so much of running water as shall be thought convenient to seeth them, and put thereto a quarter of a pound of Barrowes greafe, and then take half a bushell of the doune of Cats tailes; and boyl them altogether, continually stirring them, untill they be sodden, that they may be strained into an earthen pot or glasse, and with it anoint the sore.

Or else take *Capresolium*, *Moufeare*, *ground-Ivy*, and *Hensdung* of the reddest or the yellowest, and fry them with *May-butter* altogether untill it be brown, then strain it through a clean cloath, and anoint the sore therewith.

For burnings  
or scaldings  
on the face.

Take the middlerind of the Elm tree, and lay it two or three  
boon

hours in fair running water till it wax ropy like glew, and then anoint the sore therewith: Or otherwise take sheeps tallow and sheeps dung, and mixe them together till they come to a salve, and then apply it to the sore.

Take *Plantain* leaves, *daisy* leaves, the green bark of *Elders*, and green *Germanders*, stamp them altogether with fresh butter or with oyl, then strain it through a linnen cloath, and with a feather anoint the sore till it be whole.

An ointment for burning.

Take of the oyl *olive* a pint, *Turpentine* a pound, unwrought wax half a pound, *Rosen* a quarter of a pound, sheeps suet two pound, then take of *Orpents*, *Smallage*, *Ragwort*, *Plantain*, and *Sieckewort*, of each a good handfull, chop all the herbs very small and boil them in a pan altogether upon a soaking fire, and stir them exceeding much, untill they be well incorporate together, then take it from the fire and strain all through a strong canvass cloth into clean pots or glasses, and use it as your occasion shall serve, either to anoint, teint, or plaister.

Vicers and sores.  
A salve for any old sore.

Or otherwise take *Poplar* buds, and *Elder* buds, stamp and strain them, then put thereto a little Venice turpentine, Wax, and Rosin, and so boyl them together and therewith dress the sore, or else take two handfulls of plantain leaves, bray them small and strain out the juyce, then put to it as much womans milk, a spoonfull of hony, a yolk of an egge, and as much whear flower as you think will bring it to a salve, then make a plaster thereof and lay it unto the sore, renewing it once in four and twenty hours.

Take an ounce of *Unguentum Apostolorum*, and an ounce of *Unguentum Egyptiacum*, and put them together in a pot, being first well wrought together in a bladder, and if the flesh be weak, put into it a little fine white Sugar, and therewith dress the sore, or otherwise take onely *Precipitate* in fine powder, and strew it on the sore.

To take away dead flesh.

Take a gallon of *Smiths* fleak water, two handfull of *Sage*, a pint of hony, a quart of Ale, two ounces of *Allom*, and a little white copperas, seeth them altogether till half be consumed, then strain it, and put it into a clean vessell, and therewith wash the

A water for a sore.

lost. Or Juice white calke cleane running water, and put therein *trach-allom*, and *madder*; and let them boyl till the *allom* and the *madder* be consumed, then take the clearer of the water and therewith wash the sore.

Or else take *Sage*, *Pennell*, *cinquefoyl*, of each a good handfull, boyl them in a gallon of running water till they be tender, then strain the liquor from the hearbs and put to it a quarter of a pound of roch *Allom*, and let it seeth again a little till the *allom* be melted, then take it from the fire and use it thus, dip lint in it warm and lay it to the sore, and if it be hollow, apply more lint, then make a little bolster of linnen cloath, and wet it well in the water, then wring out the water, then wring out the water, and so bind on the bolster close.

A black p'laster to heal old sores and kill inflammation.

Take a pint of sallet oyl and put into it six ounces of red lead, and a little ceruse or white lead, then set it over a gentle fire, and let it boyl a long season, stirring it well till it be stiff, which you shall erve in this order; let it drop from your stick or slice upon the bottom of a saucer, & so stand untill it be cold; and then if it be well boyled, it will be stiff and very black; then take it off and let it stand a little, and after strain it through a cloth into a Bason, but first anoint the Bason with Sallet oyl, and also your fingers, and so make it up into routes plaisterwise, & spread it and apply it as occasion shall serve.

An Oynment so ripen so as.

Take *mallows* and *beets* and seeth them in Water, then dry away the water from them, and beat the herbs well with old Boars grease, and so apply it unto the spoottume hot.

For the singeing by any venomous thing.  
For a venom.

Take a handfull of *Rue*, and stamp it with rusty Bacon till it come to a perfect salve, and therewith dress the sore till it be whole.

If the party be outwardly venomous, take *Sage*, and bruise it well and apply it unto the sore, renewing it at least twice a day, but if be inwardly, then let the party drink the juice of *Sage*, either in Wine or Ale morning and evening.

For a ring-worm.

Take *Sellandine* early in the morning, and bruise it well, and then apply it to the sore, and renew it twice or thrice a day.

Take of *Campheir* one dram, of *Quicksilve* four penyworth killed



killed well with vinegar, then mixe it with two penny worth of *For the itch*  
*Oyl de bay*, and therewith anoint the body. Or otherwise take  
 red Onions, and seeth them in running water a good while;  
 then bruise the Onions small, and with the Water they were  
 scdden in strain them in, and then wash the infected place with  
 the same.

Take a great quantity of the hearb *Benet*, and as much of red *For the drie*  
 nettles, pound them well, and strain them, and with the juyce scab.  
 wash the Patient naked before the fire, and so let it drink in,  
 and wash him again, and do so divers dayes till he be  
 whole.

Take a penniworth of white *copperas*, and as much green *To kill the*  
*copperas*, a quarter of an ounce of white *Mercury*, a half penniworth *itch*  
 of *allon*, and burn it, and let all over the fire with a pint of fair  
 water, and a quarter of a pint of wine vinegar, boyl all these  
 together till they come to half a pint, and then anoint the sore  
 therewith.

Take *Barrowes* greafe a pretty quantity, and take an apple *To take away*  
 and pare it, and take the coar clean out, then chop your apple *the scars of*  
 and your *Barrowes* greafe together, and set it over the fire that *the small poxe*  
 it may mel, but noe boyl; then take it from the fire, and put  
 thereto a pretty quantity of rose water, and stir all together till  
 it be cold, and keep it in a clean vessell, and then anoint the face  
 therewith.

Take quicksilver & kill it with fasting spittle; then take verdigrease, *For the french*  
*Arabeck*, Turpentine, Oyle, Olive, and populus, and mixe them *or Spanish*  
 together to one infire oynment, and anoint the sores therewith, *Pox.*  
 and keep the party exceeding warm. Or otherwise, take of *allon*  
 burned, of *Rossin*, *Frankincense*, *popul-on*, Oyl of *Rasus*, Oyl de bay,  
 Oyl olive, green *Copperas*, Verdigrease, White Lead, *Mercury sublimate*,  
 of each a pretty quantiey, but of *allon* most; then beatto powder  
 the simples that are hard, and melt your Oyle, and cast in your  
 powders and stir all well together; then strain them through a  
 cloth, and apply it warm to the sores; or else take of *Caps* grease  
 that hath toucht no water, the juyce of *ruys*, and the fine powder  
 of pepper, and mix them together to an oynment, and apply it  
 round about the sores but let it not come into the sores; and  
 it will dry them up.

To put out  
the French or  
Spanish pox.

Take of Treacle half penny worth, of long Pepper as much, and of graine as much, a little Ginger, and a little quantity of Bickaras, warm them with strong Ale, and let the party drink it off, and lie down in his bed and take a good sweate: and then when the sores arise, use some of the ointment before rehearsed.

To make the  
scabs of the  
French pox  
to fall away.

Take the iuyce of red Fennell, and the iuyce of Sengreen and Stone hony and mixe them very well together till it be thick, and with it anoint the party, but before you do anoynt him, you shall make this water. Take Sage and seeth it in very fair water from a gallon to a pottle, and put therein a quantity of hony and some allom, and let them boyl a little together; when you have strained the hearbs from the water; then put in your honey and your allom, and therewith wash the pox first, and let it dry in well, and then lay on the afore said ointment.

Additions to  
green wounds

A defensive  
for a green  
wound.

Take the oyl of the white of an egg, wheat flower, a little hony and Venice Turpentine, take and stirre all these together, and so use it about the wound, but not within, and if the wound do bleed then add to th is salve a little quantity of Bolearmonyak.

A salve for a  
green wound.

Take Opoponax and Galbanum of each an ounce, Amonianum, and Bedlind, of each two ounces, of Lethargy of gold one pound and an half, new wax, half a pound, Lapis Calaminaris one ounce, Turpentine four ounces, Myrrhe two ounces, oyl de bay one ounce, Trosse one ounce, Aristolochia roots two ounce, oyl of Roses two ounces, sallet-oyl two pound, all the hard symples must be beaten to fine powder & searsied; take also three pints of right Wine vinegar, and put your four gums into the vinegar a whole day before, till the gums be dissolved, then set it over the fire and let it boyl very softly untill your vinegar be as good as boyled away; then take an Earthen pot with a wide mouth, and put your oyl in, and your wax, but your Wax must be scraped before you put it in; then by a little at once put in your Lethargy, and stir it exceedingly, then put in all your gums and all the rest, but let your Turpentine be last, and so let it boyl till you see it grow to be thick; then pour it into a Bason of water, and work it with oyl of Roses for sticking unto your hands, and make it up in roundes plaister-wise, and here is to be noted that your oyl of Roses must

not

not be boyled with the rest, but after it is taken from the fire a little before the *Turpentine*.

Take three good handfulls of Sage, and as much of Honi-  
suckle leaves, and the flowers clean picked; then take one  
pound of Roch Allom, and a quarter of a pound of right En-  
glish honey clarified, half a penniworth of grains, and  
two gallons of running Water; then put all the said  
things into the water, and let them seeth till half be  
consumed; then take it from the fire till it be almost cold,  
and strain it through a clean cloath, and put it up in a glass,  
& then either on teint or pleagant use it as you have occasion.

A water to  
heal any green  
wound, cut, or  
sore.

Take a quart of Rieflower and temper it with running  
water, and make dough thereof; then according to the bigness  
of the wound lay it within the defensive plaister before re-  
hearsed, over it, and every dressing make it less and less till the  
wound be closed.

To stanch  
blood, and  
draw sinewes  
together.

Take a quart of Neats foot oyl, a quart of Oxe gals, a quart  
of Aquavitz, a quart of Rose water, a handfull of Rosemary  
stript, and boyl all these together till half be consumed, then  
press and strain it, and use it according as you find occasion.

A made Oyl  
for shrinking  
of sinews.  
For a wound  
in the guts.

Take *hony*, *pitch*, and *butter*, and seeth them together, and  
anoint the hurt against the fire, and tent the Sore with the  
same.

Take *growsell* and stamp it, and seeth it with sweet milk  
till it be thick, then temper it with black sope, and lay it to  
the sore.

For pricking  
with a thorn.

Take *Rosin* a quarter of a pound, of *waxe* three ounces, of  
*Oyl of Roses* one ounce and a half, seeth all them together in  
a pint of white Wine till it come to skimming; then take it  
from the fire, and put thereto two ounces of *Venice Turpentine*  
and apply it to the wound or sore.

To gather  
flesh in  
wounds.

Take *Mustard* made with strong vinegar, the crums of  
brown bread, with a quantity of hony and fixe figs mixt,  
temper all together well, and lay it upon a cloath plaister-  
wise, put a thin cloath between the plaister and the flesh, and  
lay it to the place grieved, as oft as need requires.

Additions for  
ache or swell-  
ings.

Take a pound of fine *Rosin*, of *oyl de bay* two ounces, of  
*Populion* as much, of *Frankincense* half a pound, of *Oyl of Spike*

A yellow test  
cloth for any  
pain or swell-  
ing.

two

two ounces, of *Oyl of Camomile* two ounces, of *Oyl of Roses* two ounces, of *Waxe* half a pound, of *Turpentine* a quarter of a pound; mele them and stirr them well together, and then dip linnen cloths therein, and apply the Sear cloath as you shall have occasion, and note the more *Oyl* you use the more supler the Sear cloth is, and the less *Oyl* the stiffer it will be.

For bruises  
swelled.


Take a little *black soap*, salt, and *hony*, and beat them well together, and spread it on a brown paper, and apply it to the bruise.

For swelled  
legs.

Take *mallows* and seeth them in the dregs of good Ale or Milk, and make a plaister thereof, and apply it to the place led.

For any ach.

Take in the moneth of *May*, *Henbane*, and bruise it well, and put it into an earthen pot, and put thereto a pint of *Sallet oyl*, and set it in the Sun till it be all one substance, then anoint the ach therewith.

 A plaister for  
any pain in the  
loyns.

Take half a pound of unwrought wax, as much *Resin*, one ounce of *galbanum*, a quarter of a pound of *lethargy* of gold, three quarters of white Lead, beaten to powder and sear, then take a pint of *Neates foot oyl* and set it on the fire in a small vessell which may contain the rest, and when it is all moulten, then put in the powders, and stir it fast with a slice, and try it upon the bottom of a saucer, when it beginneth to be somewhat hard; then take it from the fire, and anoint a fair board with *Neates foot oyl*, and as you may handle it for heat, work it up in roubles, & it will keep five or six years, being wrapped up close in papers, and when you will use it spread of it thin upon new lockram or leather somewhat bigger then the grief, and so if the grief remove follow it, renewing it morning and evening, and let it be somewhat warm when it is laid on, and beware of taking cold, and drinking hot wines.

For bones out  
of joynt, or  
snevs sprung  
or sprained.

Take four or five yolkes of eggs, hard sodden or roasted, and take the branches of green *Morcill*, and the *Berries* the Summer, and in winter the roots, and bray all well together in a mortar with sheeps milk, and then fry it untill it be very thick, and so make a playster thereof, and lay it about the sore,

fore, and it will take away both paine and swelling.

Take a gallon of standing lye, put to it of plantaine and knot-grasse, of each two handfull, of wormwood and Comfrey, of each a handfull, and boyle all these together in the lye a good while, and when it is luke warme, bath the broken member therewith, and take the buds of the Elder gathered in March, and strip it downward, and a little boyle them in water, then eat them in Oyle and very little wine vinegar, a good quantity at a time in the morning, ever before meat, or an hour before the Patient go to dinner, and it much avails to the knitting of bones.

A bath for  
broken joints.

Take Rosemary, Fetherfew, Orgaine, Pellitory of the wall Fennell, Mallowes, Violes leaves and Nettles boyle all these together, and when it is well spdden, put to it two or three gallons of milk, then let the party stand or sit in it an hour or two, the bath reaching up to the stomack, and when they come out, they must go to bed and sweat, and beware taking of cold.

A general bath  
for clearing the  
skin, and com-  
forting the bo-  
dy.

Make a plaister of wheat flower, and the whites of egges, and spread it on a double linnen cloath, and lay the plaister on an even board, and lay the broken limb thereon, and set it even according to nature, and lay the plaister about it and splint it, and give him to drink *Knitwort*, the juyce thereof twice and no more, for the third time it will unknit, but give him to drink nine daies each day the juice of *Comfrey*, *Daisies*, and *Oswund* in stale Ale, and it shall knit it, and let the foresaid plaister lie to, tenne dayes at the least, and when you take it away, do thus, take *Horehound*, *red-fennel*, *Hemlocke*, *Wal-wart*, and *Pellitory*, and seeth them; then unrole the member, and take away the splints; and then bath the linnen and the plaister about the member in this bath, till it have soakt so long that it come gently away of it self, then take the foresaid plaister and lay thereto five or six dayes very hot, and let each plaister lie a day and a night, and alwaies splint it well, and after cherish it with the oyntments before rehearsed for broken bones, and keep the party from unwholsome meates and drinks till he be whole, and if the hurt be on his arme, let him bear a ball of green herbes

A soveraign  
help for bro-  
ken bones.

in



in his hand to prevent the shrinking of the hand and finewes.

**For any fever.** Take *Sage, Ragwort, Yarrow*, unset Leekes, of each alike quantity, stamp them with Bay salt, and apply them to the wrists of the hands.

**To expel heat in a fever.** Blanch Almonds in the cold water, and make milke of them (but it must not seeth) then put to it Sugar, and in the extremity of heat, see that you drink thereof.

**The royal medicine for fevers.** Take three spoonfulls of Ale, and a little Saffron, and bruise and strain it thereto, then adde a quarter of a spoonfull of fine *Treacle*, and mixe altogether, and drink it when the fit comes.

**Another.** Take two roots of *Crow-foot* that growes in a Marsh ground, which have no little rootes about them, to the number of twenty or more, and a little of the Earth, that is about them, and do not wash them, and adde a little quantity of Sale, and mixe all well together, and lay it on linnen cloaths, and bind it about your thumbs, betwixt the first and the next joyn, and let it lie nine daies unremoved, and it will expel the Fever.

*An approved Medicine for the greatest Lask  
or Lixe.*

Take a right *Pomwater*, the greatest you can get, or else two little ones, roast them very tender to pap, then take away the skinne and the core, and use onely the pap, and the like quantity of *Chalk* finely-scraped, mixe them both together upon a trencher before the fire, and work them well to a plaister; then spread it upon a linnen cloath warmed very hot as may be suffered, and so bind it unto the navill for twenty four houres, use this medicine twice or thrice or more untill the Lask be staied.

*Of Oyle of Swallowes.*

To make the Oyl of *Swallowes*, take *Lavender-cotton, Spike-Knot-grasse, Ribwort, Balm, Valerian, Rosemary tops, Wind-bine tops, Vine springs, French mallows*, the tops of *Alecole*,  
Syrac,

*Strawberry, Hynges, Tuisan, Plantain, Walnut tree leaves,* the tops of young *Beets, Isop, Violet leaves, Sage of Verue,* fine Roman *Wormwood,* of each of them a handful, *Camomile* and *Red-roses,* of each two handful, twenty quick *Swallowes,* and beat them altogether in a mortar, and put to them a quart of *Neats foot oyl,* or *may butter,* and grind them all well together with two ounces of *Cloves* wellbeaten; then put them altogether in an earthen pot, and stop it very close that no air come into it, and set it nine daies in a Cellar or cold place, then open your pot and put into it half a pound of white or yellow wax cut very small, and a pint of oyl or butter; then set your pot close stopped into a pan of water, and let it boyl six or eight hours, and then strain it: this Oyle is exceeding soveraign for any broken bones, bones out of joint, or any paine or grief either in the bon esor sinewes.

To make oyle of *Camomile,* take a quart of *sallet Oyle* and put it into a glasse, then take a handful of *Camomile* and bruiſe it, and put it into the Oyle, and let them stand in the same twelve dayes, onely thou must shift it every three daies, that is, to strain it from the old *Camomile,* and put in as much of new, and that oyle is very soveraign for any grief, proceeding from cold causes.

To make oyl  
of *Camomile.*

To make Oyle of *Lavender,* take a pint of *Sallet oyle* and put it into a glasse, then put to it a handful of *Lavender,* and let it stand in the same twelve daies, and use it in all respects as you did your oyle of *Camomile.*

To make oyl  
of *lavender.*

To make an Oyle which shall make the skinne of the hands very smooth, take *Almonds* and beat them to Oyle, then take whole *Cloves,* and put them both together into a glasse, and set it in the Sun five or six daies, then strain it, and with the same annoint your hands every night when you go to bed, otherwise as you have convenient leisure.

To make  
smooth hands.

To make that soveraign water, which was first invented by *Dr. Stevens,* in the same forme, as he delivered the Receipt to the Arch-bishop of *Canterbury,* a little before the death of the said Doctor. Take a gallon of good *Gascoyn wine,* then take *Ginger, Galingale, Cinamon, Nutmegs, Graines,* *Cloves* bruised, *Fennel seedes, Carraway-seeds, Origanum,*

To make Fr.  
*Stevens* water.

of

of every of them a like quantity, that is to say, a dram: then take sage, wild marjoram, penny-royal, mint, red roses, tyme, pellitory, rosemary, wild time, camomile, lavender, of each of them a handful; then bray the spices small and bruisse the herbs, and put all into the wine, and let it stand so twelve hours, onely stirre it divers times, then distill it by a Lymbbecke, and keepe the first water by it selfe, for that is the best, then keep the second water, for that is good, and for the last, neglect it not, for it is very wholsome though the worst of the three. Now for the vertue of this water, it is this, it comforteth the spirits and vital parts, and helpeth all inward diseases that cometh of cold, it is good against the shaking of the pallsie, and cureth the contraction of sinewes, and helpeth the conception of women that be barren, it killeth the wormes in the body, it cureth the cold cough, it helpeth the tooth-ach, it comforteth the stomacke, and cureth the old drop sicke, it helpeth the stone in the Bladder, and in the Reines, it helpeth a stinking breath: and whosoever useth this water moderately, and not too often, preserveth him in good liking, and will make him seem young in old age. With this Water Doctor Stevens preserved his owne life until such extreame age, that he could neither go nor ride, and he continued his life being bed-rid five years, when other Physicians did judge he could not live one year, when he did confesse a little before his death, saying, that if he were sick at any time, he never used any thing but this water onely; and also the Arch-bishop of *Canterbury* used it, and found such goodnesse in it, that he lived till he was not able to drink of a cup, but sucked his drink through a hollow pipe of silver.

This Water will be much the better if it be set in the Sun.

A restorative  
of Rosafolis.

To make a *cordial rosafolis*, take *rosafolis*, and in any wise touch not the leaves thereof in the gathering, nor wash it; take thereof four good handfuls, then take two good pints of Aquavitz, and put them both in a glasse, or pewter pot of three or four pints, and then stop the same hard and just, and so let it stand three dayes and three nights, and the third day

day strain it through a cleane cloth into another glasse or pewter pot, and put thereto half a pound of Sugar beaten small, four ounces of fine Licoras beaten into powder, halfe a pound of sound Dates, the stones being taken out, and cut them and make them cleane, and then mince them small, and mixe all these together, and stop the glasse or pot close and just, and after distil it through a lymbeck, then drink of it at night to bedward haue a spoonfull with ale or beere, but Ale is the better, as much in the morning fasting, for there is not the weakest body in the world that wanteth nature or strength, or that is in a *consumption*, but it will restore him againe, and cause him to be strong and lusty, and to haue a marvellous hungry stomack, provided alwaies that this *rosafolia* be gathered (if possible) at the full of the Moon, when the Sun shineth before noon, and let the roots of them be cut away.

Take the flowers of roses or violets, and breake them small, and put them into sallet Oyle, and let them stand in the same ten or twelve daies, and then presse it. Or otherwise take a quart of Oyle Olive, and put thereto six spoonfulls of cleane water, and stirre it well with a slice, till it waxe as white as milke; then take two pound of red rose leaves, and cut the white of the ends of the leaves away, & put the roses into the Oyle, and then put it into a double glasse, and set it in the Sun all the Summer time, and it is soveraign for any scalding or burning with water or oyle.

Or else take red roses new plucked, a pound or two, and cut the white ends of the leaves away, then take *May butter* and melt it over the fire with two pound of Oyl olive, and when it is clarified, put in your roses, and put it all in a vessel of glasse or of earth, and stop it well about, that no air enter in or out, and set it in another vessel with water, and let it boyl half a day or more; and then take it forth and strain or press it through a cloth, and put it into glasse bottels, this is good for all manner of unkind heats.

Take two or three pound of *Nutmegs*, and cut them small and bruisse them well, then put them into a pan and beat them, and stir them about, which done, put them into a canvase

Additions to the Oyls.

To make oyle of Roses or Violets.

To make Oyl of Nutmegs.

canvaſs or ſtrong linnen bagg, and cloſe them in a preſs and preſs them, and get out all the liquor of them, which will be like *manna*; then ſcrape it from the canvas bag as much as you can with a knife; then put it into ſome veſſell of glaſs, and ſtop it well; but ſet it not in the Sun, for it will waxe clean of it ſelf within 10 or 15 dayes, and it is worth thrice ſo much as the Nutmegs themſelves, and the oyl hath very great vertue in comforting the ſtomack and inward parts, and aſſwaging the pain of the *mother* and *Sciatica*.

To make perfect oyl of Spike.

Take the flowers of Spike and waſh them onely in *olive*, and then ſtamp them well, then put them in a canvas bag, and preſs them in a preſs as hard as you can, and take that which commeth out carefully, and put it into a ſtrong veſſell of glaſs, and ſet it not in the Sun, for it will clear of it ſelf, and waxe fair and bright, and will have a very ſharp odor of the *Spike*; and thus you may make oyl of other herbes of like nature, as *Lavender*, *Camomile*, and ſuch like.

To make oyl of Maſtick.

Take an ounce of *Maſtick*, and an ounce of *Olibanum* pounded as ſmall as is poſſible, and boyl them in Oyl-olive (a quart to a third part) then preſs it and put it into a glaſs, and after ten or twelve dayes it will be perfect: it is exceeding good for any cold grief.

Thus having in a ſummary manner paſſed over al the moſt Phyſicall and Chyrurgicall notes which burtheneth the mind of our *English Houſ-wife*, being as much as is needfull for the preſervation of the health of her family: and having in this Chapter ſhewed all the inward vertues wherewith ſhe ſhould be adorned; I will now return unto her more outward and aſſive knowledges, wherein albeit the mind be as much occupied as before, yet is the body a great deal more in uſe: neither can the work be well effected by rule or direction.

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## The English Housewives Skill in Cookery.

### CHAP.

*Of the outward and active Knowledge of the Housewife, and of her skill in Cookery, as Sallets of all sorts, with flesh, Fish, Sauces, Pastry, Banqueting-stuff and ordering of great feasts.*

**T**O speak then of the outward and active knowledges which belong unto our English *Housewife*, I hold the first and most principall to be a perfect skill and knowledge in Cookery, together with all the secrets belonging to the same, because it is a duty rarely belonging to woman, and she that is utterly ignorant therein, may not by Lawes of strict Justice challenge the freedome of Marriage, because indeed she can then but perform half her vow; for she may love and obey, but she cannot cherish, serve, and keep him with that true duty which is ever expected.

To proceed then to this knowledge of cookery, you shall understand, that the first step thereunto is, to have knowledge of all sorts of herbs belonging unto the Kitchen, whether they be for the Pot, for Sallets, for Sauces for servings, or for any other Seasoning or adorning: which skill of knowledge of the Herbs, she must get by her own true labour experience, and not by my relation, which would be much too tedious; and for the use of them, She shall see it in the composition of dishes and meats hereafter following. She shall also know the time of the year, month, and Moon, in which all Herbs are to be sown; and when they are in their best flourish-

She must know all Herbs.

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rishing

nothing, that gathering all hearbs in their height of goodness, she may have the prime use of the same. And because I will inable and not burden her memory, I will here give her a short Epitomy of all that knowledge.

Her skill in  
the Garden.

First then, let our English House-wife know, that she may at all times of the Moneth and Moon generally sow *Asparagus*, *Coleworts*, *Spinage*, *Lettice*, *Parfnips*, *Radish*, and *Chives*.

In February in the new of the Moon, she may sow *Spyke*, *Garlike*, *Borage*, *Englefe*, *Chervile*, *Coriander*, *Gourds*, *Cresses*, *Marjoram*, *Palma Christi*, *Flower gentile*, *white poppy*, *purslan*, *Radish*, *Rocket*, *Rosemary*, *Sorrel*, *Double Marigolds* and *time*. The Moon full she may sow *Anniseeds*, musked *Violets*, *Beets*, *Skirrets*, *White Succory*, *Fennell*, and *parsley*. The Moon old, sow *Holy thistle*, *cole Cabadge*, *white Cole*, *green Cole*, *Cucumbers*, *Harts-Horn*, *Dyers Grain*, *Cabadge*, *Lettice*, *Mellons*, *Onions*, *parfnips*, *Larkes*, *Heel*, *Burnet* and *Leeks*.

In March the Moon new, sow *Garlick*, *Borage*, *Englefe*, *Chervile*, *Coriander*, *Gourds*, *Marjoram*, *white poppy*, *Purslan*, *Radish*, *Sorrel*, *double Marigolds*, *Time*, *Violets*. At the full Moon *Anniseed*, *Beets*, *Skirrets*, *Succory*, *Fennell*, *Apples of Love*, and *Marvelous Apples*. At the wane *artichokes*, *Basill*, *Blessed thistle*, *Cole cabadge*, *white cole*, *Green cole*, *citrons*, *cucumbers*, *Harts-horn*, *Samphire*, *spinage*, *Gilliflowers*, *Isop*, *cabadge*, *Lettice*, *Mellons*, *Mugrets*, *Onions*, *Flower Gentill*, *Burnet*, *Leeks*, and *Savory*. In May, the Moon old, sow *Blessed thistle*. In June, the Moon new, sow *gourds* and *radishes*. The moon old, sow *cucumbers*, *mellons*, *parfnips*. In July the Moon at full, sow *white succory*, and the Moon old, sow *cabadge*, *lettice*. Lastly, in August, the Moon at the full, sow *white succory*.

Transplanting  
of herbs.

Also she must know that Herbs growing of Seeds may be transplanted at all times, except *chervile*, *drage*, *spinage*, and *parsley*, which are not good being once transplanted, observing ever to transplant in moyst and rainy weather.

A choice of  
seeds.

Also she must know that the choice of seeds are twofold, of which some grow best being new, as *cucumbers*, and *Leeks*, and

and some being old, as *coriander, parsley, beets, origan, savorts, cress, spinage* and *poppy*, you must keep cold *lettice, hartichokes, basil, holy thistle, cabbage, cole, Dyers grain, & mellow*, fifteen days after they put forth of the earth.

Also seeds prosper better being sown in temperate weather, then in hot, cold, or dry daies. In the month of *Aprill*, the Moon being new sow *marjoram, flower-gentle, time, violets*; in the full Moon *apples of lew* and *marvellous apples*; and in the Wane, *hartichokes, holy thistle, cabbage, cole, citrons, harts-horn, samphire, gillyflowers* and *parsnips*.

Seeds must be gathered in fair weather at the wane of the Moon, and kept some in Boxes of Wood, some in bags of Leather, and some in Vessels of Earth, and after to be wel cleaned and dried in the Sun or shadow: other some, as *Onions, Chibols, & Lettice*, must be kept in their husks. Lastly, she must know that it is best to plant in the last quarter of the moon, to gather grapes in the last but one, and to graft two dayes after the change: and thus much for her knowledge briefly of Herbs, and how she shall have them continually for her use in the Kirchin.

It resteth now that I proceed unto Cookery it self, which is the dressing and ordering of meat, in good and wholesome manner; to which when our *Hon<sup>r</sup>-wife* shall address her self, she shall wel understand that these qualities must ever accompany it: First she must be cleanly both in body & garments, she must have a quick eye, a curious nose, a perfect tast and ready ear, (she must not be butter-fingred, sweet toothed, nor faint hearted) for, the first will let every thing fall, the second will consume what it should increase, and the last will lose time with too much nicenesse. Now for the substance of the Art it self, I will divide it into five parts; the first, Sallets and *Ericases*; the second boyled Meats and Broths; the third, Roast meats and *Carbonadoes*; the fourth Bak't meats and *Pies*; and the fifth Banqueting and made dishes, with other conceits and secrets.

First then to speak of Sallets, there be some simple, and Of Sallets, some compounded, some onely to furnish out the Table, and some plain, both for use and adoration; your simple Sallets are *Chibols*

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pilled

Gathering of seeds.

Of Cookery and the parts thereof.

pilled, washt clean, and half of the green tops cut clean away, so served on a Fruit-dish, or Chives, Scallions, Radish-roots, boyled Carrets, Skirrets, and Turneps, with such like, served up simply: also all young Lettice, Cabbage-lettice, Purslane, and divers other herbs which may be served simply without any thing, but a little Vinegar, Sallet Oyl, and Sugar: Onions boyled, and stript from their rinde, and served up with Vinegar, Oyl, and Pepper is a good simple Sallat; so is Samphire, Bean-cods, Sparagus, and Cucumbers, served in likewise with Oyl, Vinegar, and Pepper, with a world of others; too tedious to nominate.

Of compound  
Sallets.

Your compound Sallets, are first the young Buds and Knots of all manner of wholsom Herbs, at their first springing; as red Sage, Mint, Lettice, Violets, Marigolds, Spinage, and many other mixed together, and then served up to the Table with Vinegar, Sallat Oyl, and Sugar.

Another compound  
Sallet.

To compound an excellent Sallat, and which indeed is usual at great Feasts, and upon Princes Tables. Take a good quantity of blancht Almonds, and with your shredding knife cut them grossely; then take as many Raisins of the Sun cleant washt, and the stones pickt out, as many Figs stied like the Almonds, as many Capers, twice so many Olives, and as many Currants as of all the rest cleant washt; a good handfull of the small tender leaves of red Sage and Spinage: mixe all these well together with good store of Sugar, and lay them in the bottome of a great dish; then put unto them Vinegar and Oyl, and scrape more Sugar over all: then take Oranges and Lemmons, and paring away the outward pille, cut them into thinne slices, then with those slices cover the Sallat all over; which done, take the fine thinne leaf of the red Cole-flower, and with them cover the Oranges and Lemmons all over; then over those Red leaves lay another coult of old Olives, and the slices of well-pickled Cucumbers together with the very inward heart of Cabbage-lettice cut into slices, then adorne the sides of the dish, and the top of the Sallat with more slices of Lemons and Oranges, and so serve it up.

To make an excellent compound boyld Sallat: take of Spinage,

Spinage well washt, two or three handfulls, and put into it fair water, and boyl it till it be exceeding soft, and tender as pap; then put it into a Cullander, and drain the water from it, which done, with the backside of your Chopping-knife chop it, & bruise it as small as may be; then put it into a Pipe-kin with a good lump of sweet butter, and boyl it over again; then take a good handfull of Currants clean washt, and put to it, and stir them well together; then put to as much Vinegar as will make it reasonable tart, and then with Sugar season it according to the taste of the Master of the house, and so serve it upon suppers.

An excellent  
boyled Sallat.

Your preserved Sallats are of two kinds, either pickled, as are Cucumbers, Samphire, Purslane, Broom, and such like; or preserved with Vinegar, as Violets, Primrose, Cowslips, Gilly flowers, of all kinds, Broom-flowers, and for the most part any wholsom flower whatsoever.

Of preserving  
of Sallats.

Now for the pickling of Sallats, they are onely boyled, and then drained from the water, spread upon a table, and good store of salt thrown over them, then when they are thorough cold, make a Pickle with water, salt, and a little vinegar, and with the same, pot them up in close earthen pots, and serve them forth as occasion shall serve.

Now for preserving Sallats; you shall take any of the flowers before sayd, after they have been pickt cleane from their stalkes, and the white ends (of them which have any) cleane cut away, and washt and dried, and taking a glasse pot, like a Gally-pot, or for want thereof a gally-pot it self; and first strew a little Sugar in the bottome, then lay a layer of the Flowers, then cover that layer over with Sugar, then lay another layer of the Flowers, and another of Sugar; and thus doe one above another till the pot be filled, ever and anon pressing them hard down with your hand: this done you shall take of the best and sharpest vinegar you can get (and if the vinegar be distilled vinegar, the flowers will keep their colours the better) and with it fill up your pot till the vinegar swim aloft, and no more can be received; then stop up the pot close, and set them in a dry temperate place, and use them at pleasure, for they will last all the year.



Now for the compounding of Sallats of these pickled and preserved things; though they may be served up simply of themselves, and are both good and dainty; yet for better curiosity, and the finer adorning of the table, you shall thus use them. First, if you would set forth any red flower that you know or have seen, you shall take your pots of preserved Gilliflowers, and futing the colours answerable to the flower you shall proportion it forth, and lay the shape of the Flower in a Fruit-dish; then with your Purslan leaves make the green Coffin of the Flower, and with the Purslan stalks make the stalk of the flower, and the divisions of the leaves and branches; then with the thinne slices of Cucumbers make their leaves in true proportions, jagged or otherwise: and thus you may set forth some full blown, some half blown, and some in the bud, which will be pretty and curious. And if you will set forth yellow flowers, take the pots of Prim-roses and Cowslips, if blew flowers, then the pots of Violets, or Buglosse flowers, and these Sallets are both for shew and use; for they are more excellent for taste than for to look on.

**The making of strange Sallats.** Now for Sallets for shew onely, and the adorning and setting out of a table with number of dishes, they be those which are made of Carret roots of sundry colours well boyled, and cut into many shapes and proportions, as some into knots; some in the manner of Scutchions and Armes, some like Birds, and some like Wild beasts, according to the art and cunning of the Workman; and these for the most part are seasoned with Vinegar, Oyl, and a little Pepper. A world of other Sallets there are, which time and experience may bring to our House-wives eye, but the composition of them, and the serving of them differeth nothing from these already rehearsed.

**Of Fricases & Quelquechofes.** Now to proceed to your Fricases, or Quelquechofes, which are dishes of many compositions, and ingredients, as Flesh, Fish, Eggs, Herbs, and many other things, all being prepared and made ready in a frying pan, they are likewise of two sorts, simple and compound.

Your simple Fricases are Egges and Collops fried, whether the

the Collops be of Bacon, Ling, Beef, or young Pork, the frying whereof is so ordinary, that it needeth not any relation, of the frying of any Flesh or Fish simple of it self with butter or sweet Oyl.

To have the best Collops and Egges, you shall take the whitest and youngest Bacon, and cutting away the sward, cut the Collops into thinne slices, lay them in a dish, and put hot water unto them, and so let them stand an hour or two, for that will take away the extreame saltnesse; then drain away the water clean, and put them in a dry pewter dish, and lay them one by one, and set them before the heat of the fire, so as they may toast, and turn them so, as they may toast sufficiently thorow and thorow: which done, take your Egges and break them into a dish, and put a spoonfull of Vinegar unto them: then set on a clean Skillet with fair water on the fire, and as soon as the water boyleth put in the Egges, and let them take a boyl or two; then with a spoon try if they be hard enough, and then take them up and trim them, and dry them, and then dishing up the Collops, lay the Egges upon them, and so serve them up: and in this sort you may poach Egges when you please, for it is the best and most wholesome.

Now the compound Fricases are those which consist of many things, as Tansies, Fritters, Pancakes, and any chese whatsoever, being things of great request and estimation in *France*, *Spaine*, and *Italy*, and the most curious Nations.

First then for making the best Tansie, you shall take a certain number of Egges, according to the bignesse of your Frying-panne, and break them into a dish, abating ever the white of every third Egge: then with a spoon you shall cleanse away the little white Chicken-knots which stick unto the yolkes; then with a little Cream beat them exceedingly together; then take of green Wheat blades, Violet leaves, Strawberry leaves, Spinage, and Succory, of each a like quantity, and a few Walnut tree buds; chop and beat all these very well, and then strain out the juice, and mixing it with a little more Cream, put it to the Egges, and stir all well together; then

put in a few Crums of bread, fine grated bread, Cynamon, Nutmegge, and Salt; then put some sweet Butter into the Frying-pan, and so soon as it is dissolved or melted, put in the Tansey, and fry it brown without burning, and with a dish turne it in the panne as occasion shall serve; then serve it up, having strewed good store of Sugar upon it, for to put in Sugar before will make it heavy: Some use to put of the herb Tansey into it, but the Walnut-tree buds doe give the better tast or rellish, and therefore when you please for to use the one, doe not use the other.

The best Fritters.

To make the best Fritters, take a pint of Cream and warm it; then take eight Egges, only abate four of the Whites, and beat them well in a dish, and so mixe them with the Cream; then put in a little Cloves, Mace, Nutmegge, and Saffron, and stirre them well together: then put in two spoonfulls of the best Ale-barm, and a little Salt, and stirre it again; then make it thick according unto your pleasure with wheat flower, which done, set it within the air of the fire, that it may rise and swell, which when it doth, you shall beat it in once or twice; then put into it a penny pot of Sack: all this being done, you shall take a pound or two of very sweet seame, and put it into a panne, and set it over the fire, and when it is moulten, and beginnes to bubble, you shall take the *Fritter-batter*, and setting it by you, put thick slices of well pared Apples into the Batter, and then taking the Apples and Batter out together with a spoon, put it into the boyling seame, and boyle your Fritters crispe and brown: And when you find the strength of your seame consume or decay, you shall renew it with more seame, and of all sorts of seame, that which is made of the Beef-suet is the best and strongest: when your Fritters are made, strew good store of Sugar and Cynamon upon them, being faire dished, and so serve them up.

The best Pancakes.

To make the best Pancakes, take two or three Egges, and break them into a dish, and beat them well; then add unto them a pretty quantity of fair running water, and beat all well together: then put in Cloves, Mace, Cynamon, and Nutmegge, and season it with salt; which done, make it thick as you

you think good with fine Wheat-flower : then fry the Cakes as thinne as may be with sweet butter, or sweet seame, and make them brown, and so serve them up with sugar strowed upon them. There besome which mixe Pancakes with new Milk or Cream, but that makes them tough, cloying, and not crisp, pleasant and savory as running water.

To make the best Veale tosts, take the Kidney, fat and all, Veal tosts. of a loyn of Veale roasted, and shred as small as is possible; then take a couple of Egges and beat them very well; which done, take Spinnage, Succory, Violet-leaves, and Marigold-leaves, and beat them, and strain out the juice, and mixe it with the Egges: then put it to your Veale, and stirre it exceedingly well in a dish; then put to good store of Currants cleane washt and pickt, Cloves, Mace, Cinamon, Nutmeg, Sugar, and Salt, and mixe them all perfectly wel together: then take a manchet & cut it into tosts, and tost them well before the fire; then with a spoon lay upon the tost in a good thickness the Veal, prepared as before said: which done, put into your frying-pan good store of sweet butter, & when it is well melted and very hot, put your tostes into the same with the bread side upward, and the flesh side downward: and as soon as you see they are fryed brown, lay upon the upper side of the tosts which are bare more of the flesh meat, and then turnethem, and fry that side brown also; then take them out of the panne and dish them up, and strow Sugar upon them, and so serve them forth.

There be some Cookes which will doe this but upon one side of the tosts, but to doe it on both is much better; if you adde Creame it is not amiss.

To make the best Panperdy, take a dosen Egges, and break To make the best Panperdy. them, and beat them very well; then put unto them Cloves, Mace, Cinamon, Nutmeg, and good store of Sugar, with as much Salt as shall season it: then take a Manchet, and cut it into thick slices like tosts; which done, take your frying-panne, and put into it good store of sweet butter, and being melted, lay in your slices of bread, then powr upon them one half of your Egges, then when it is fryed, with a dish turn your slices of bread upward, and then powre on them the other

ther halfe of your Egges, and so turn them till both sides be brown; then dish it up, and serve it with Sugar strewd upon it.

To make any  
Quelquechose.

To make a *Quelquechose*, which is a mixture of many things together; take the Eggs and break them, and do away one half of the Whites, and after they are beaten put them to a good quantity of sweet Cream, Currants, Cinamon, Cloves, Mace, Salt, and a little Ginger, Spinage, Endive, and Marigold-flowers grossely chopt, and beat them all very well together; then take Pigges Petticoes slic'd and grossely chopt, mixe them with the Eggs, and with your hand stirre them exceeding well together; then put sweet butter in your Frying-panne, and being melted, put in all the rest, and fry it brown without burning, ever and anon turning it till it be fryed enough; then dish it up upon a flat plate, and so serve it forth. Onely here is to be observed, that your Petticoes must be very well boyled before you put them into the Fry-cake.

Additions to  
the Housewife  
Cookery.

And in this manner as you make this *Quelquechose*, so you make any other, whether it be of flesh, small Birds, sweet roots, Oysters, Mulles, Cockles, GIBLETS, Lemons, Oranges, or any Fruit, Pulse, or other Sallat herb whatsoever, of which to speak severally were a labour infinite, because they vary with mens opinions. Onely the composition and work is no other than this before prescribed; and who can do these, need no further instruction for the rest. And thus much for *Sallets* and *Fricassee*.

To make Frit-  
ters.

To make Fritters another way; take Flower, Milk, Barm, grated bread, small Raisins, Cinamon, Sugar, Cloves, Mace, Pepper, Saffron, and Salt; stirre all these together very well with a strong spoon, or small ladle, then let it stand more than a quarter of an hour that it may rise, then beat it in again, and thus let it rise and be beat in twice or thrice at least; then take it and bake them in sweet and strong seame, as hath been before shew'd, and when they are served up to the table, see you strow upon them good store of Sugar, Cinamon, and Ginger.

To make the  
best white  
puddings.

Take a pint of the best, thickest, and sweetest Cream, and boyl



boyl it; then whilst it is hot, put thereunto a good quantity of great sweet Oatmeale Grots very sweet, and cleane pickt, and formerly steep in milk twelve houres at least, and let it soak in this Creame another night; then put thereto at least eight yolkes of Egges, a little Pepper, Cloves, Mace, Saffron, Currants, Dates, Sugar, Salt, and great store of Swines Suet, or for want thereof, great store of Beef suet, and then fill it up in the farmes according unto the order of good Housewiferie; and then boyl them on a soft and gentle fire, and as they swell, prick them with a great pin, or small awl, to keep them that they burst not; and when you serve them to the Table (*which must not be untill they be a day old*) first boyl them a little, then take them out, and toast them brown before the fire, and so serve them, trimming the edge of the dish either with salt or sugar.

Take the Liver of a fat Hogge, and parboyl it; then shred <sup>Puddings of a</sup> it small, and after beat it in a Mortar very fine; then mixe it <sup>Hogs Liver,</sup> with the thickest and sweetest Cream, and strain it very well through an ordinary strainer; then put thereto six yolkes of Egges and two Whites, and the grated crummes of (near hand) a penny White loaf, with good store of Currants, Dates, Cloves, Mace, Sugar, Saffron, Salt, and the best Swine suet, or Beef-suet, but Beef-suet is the more wholsome, and lesse looſning; then after it hath stood a while, fill it into the Farms, and boyl them as before shewed: and when you serve them unto the table, first boyle them a little; then lay them on a Gridiron over the coales, and broyl them gently, but scorch them not, nor in any wise break their skinnes, which is to be prevented by oft turning and tossing them on the Gridiron, and keeping a slow fire.

Take the Yolkes and Whites of a dozen or fourteen Eggs; <sup>To make</sup> and having beat them very well, put unto them the fine pow- <sup>bread pud-</sup> der of Cloves, Mace, Nutmegs, Sugar, Cinnamon, Saffron, and Salt; then take the quantity of two loaves of white grated Bread, Dates (very small shred), and great store of Currants, with good plenty either of Sheeps, Hogs, or Beef-suet beaten and cut small: then when all is mixt and stirred well together, and hath stood a while to setle, then fill it into the Farms.

Farms, as hath been before shewed, and in like manner boyl them, cook them, and serve them to the table.

**Rice puddings.** Take half a pound of Rice, and steep it in new Milke a whole night, and in the morning drain it, and let the Milk drop away, and take a quart of the best, sweetest, and thickest Cream, and put the Rice into it, and boyle it a little; then set it to cool an hour or two, and after put in the Yolkes of half a dosen Egges, a little Pepper, Cloves, Mace, Currants, Dates, Sugar, and Salt; and having mixt them well together, put in great store of Beef-suet wel beaten, and smal shred, and so put it into the farms, and boyl them as before shewed, and serve them after a day old.

**Another of Liver.**

Take the best Hogs Liver you can get, and boil it extremely, till it be as hard as a stone, then lay it to cool, and being cold, upon a bread-grater grate it all to powder; then sift it through a fine Meale-sive, and put to it the crummes of (at least) two penny loaves of white bread, and boyl all in the thickest and sweetest Cream you have, til it be very thick; then let it cool, and put to it the yolkes of half a dozen Eggs, a little Pepper, Cloves, Mace, Currants, Dates small shred, Cinamon, Ginger, a little Nutmeg, good store of Sugar, a little Saffron, Salt, and of Beef and Swines suet great plenty, then fill it into the Farmes, and boyle them as before shewed.

**Puddings of a Calves Mugget.**

Take a Calves Mugget, clean and sweet drest, and boyl it well; then shred it as small as is possible, then take of Strawberry leaves, of Endive, Spinage, Succory, and Sarnell; of each a pretty quantitie, and chop them as small as is possible, and then mixe them with the Mugget; then take the yolks of half a dosen Egges, and three whites, and beat them into it also; and if you finde it is too stiffe, then make it thinner with a little Creame warmed on the fire, then put in a little Pepper, Cloves, Mace, Cinamon, Ginger, Sugar, Currants, Dates and Salt, and work all together, with casting in little peeces of sweet butter one after another, till it have received good store of butter, then put it up in the Calves-bag, Sheeps-bag, or Horse-bag, and then boyl it wel, and so serve it up.

Take

Take the blood of a Hogge whilst it is warme, and steep it in a quart; or more, of great Oatmeale grots, and at the end of three dayes with your hands take the Grots out of the blood, and draine them cleane; then put to those Grots more than a quart of the best Cream warm'd on the fire; then take mother of Time, Parsley, Spinage, Succory, Endive, Sorrel, and Strawberry-leaves, of each a few chopt exceeding small, and mixe them with the Grots; and also a little Fennel-seed, finely beaten, then adde a little Pepper, Cloves and Mace, Salt, and great store of suet finely shred, and wel beaten: then therewith fill your Forms, and boyl them, as have been before described.

Links.

Take the largest of your chines of Pork; and that which is called a Liff, and first with your knife cut the lean thereof into thinne slices, and then shred small those slices, and then spread it over the bottome of a dish or wooden platter: then take the fat of the Chine and the Liffe and cut it in the very self same manner, and spread it upon the leane, and then cut more leane, and spread it upon the fat, and thus doe one lean upon another, til all the Pork be shred, observing to beginne and end with the leane: then with your sharp knife keetch it through and through divers wayes, and mixe it all wel together: then take good store of Sage, and shred it exceeding small, and mixe it with the flesh; then give it a good season of Pepper and Salt; then take the fumes made as long as is possible, and not cut in peeces for Puddings, and first blow them well to make the meat slip, and then fill them: which done, with threds divide them into severall links as you please; then hang them up in the corner of some Chimny cleane kept, where they may take air of the fire, and let them dry there at least four dayes before any be eaten; and when they are served up let them be either fryed, or broyled on the Grydiron, or else roasted about a Capon.

Of boyfed meats ordinary

It resteth now that we speake of boyld meat and broths, which forasmuch as our Houwife is intended to be general, one that can as well feed the poor as the rich, wee first begin with those ordinary wholsome boyld meats which are of use in every good mans house; therefore to make the best ordi-

nary

nary Pottage you shall take a rack of mutton cut into pieces, or a leg of mutton cut into pieces; for this meat, and these joynts are the best, although any other joynt or any flesh Beef will likewise make good Pottage; and having washt your meat well, put it into a clean pot with fair water, and set it on the fire; then take *Violet leaves, Succory, Strawberry leaves, Spina, & Lamb-sheef, Marigold flowers, Scallions,* and a litle *Parsly*, and chop them very small together: then take half so much Oatmeal well beaten as there is herbe, and mixe it with the hearbs, and chop all very well together, then when the pot is ready to boyl, scum it very well and then put in your Hearbs, and so let it boyl with a quick fire, stirring the meat oft in the pot, till the meat be boyl'd enough, and that the herbe and water are mixt together without any separation, which will be after the consumption of more then a third part: Then season them with salt and serve them up with the meat, either with sippets or without.

Pottage with-  
out sight of  
herbs.

Some desire to have their Pottage green, yet no herbe to be seen, in this case, you must take your herbe and oatmeal, and after it is chopt put it into a stone mortar, or bowle, and with a wooden pestle beat it exceedingly, then with some of the water liquor in the pot, strain it as hard as may be, and so put it in and boyl it.

Pottage with-  
out herbe.

Others desire to have pottage without any herbe at all, and then you must onely take Oat-meal beaten and good store of Onions, and put them in, and boyl them together; and thus doing you must take a greater quantity of Oat-meal then before.

Pottage with  
whole herbe.

If you will make pottage of the best and daintiest kind, you shall take Mutton, Veal or Kidde, & having broke the bones, but not cut the flesh in pieces, and wash it, put it into a pot with fair water; after it is ready to boyl, and thoroughly skum'd, you shall put in a good handfull or two of small Oatmeal: and then take whole Lettice, of the best and most inward leaves, whole Spinage, Endive, Succory, & whole leaves Coleflowers or the inward parts of white Cabbage, with two or three sliced Onions, and put all into the pot, and boyl them well together till the meat be enough, and the Herbs so soft as may be; and stir them oft well together: and then season it with Salt, and as much Ye-  
joynt

any way will onely turn the tast of the Portage; and so serve them up, covering the meat with the whole hearbs, and adorning the dish with sippets.

To make ordinary stewd broth, you shall take a neck of Veal or a leg, or marry-bones of Beef, or a pullet, or Mutton, and after the meat is wast, put it into a pot with fair water, and being ready to boyl, skumme it well; then you shall take a couple of Manchets, and paring away the crust, cut it into thick slices, and lay them in a dish, and cover them with hot broth out of the pot; when they are steep, put them and some of the broth thro a strainer and strain it, and then put it into a pot: then take half a pound of Prunes, halfa pound of Raisins, and a quarter of a pound of Currants clean pickt and wast, with a little whole Mace, and two or three bruised Cloves, and put them into the pot, and stir all well together, and so let them boyl till the meat be enough, then if you will alter the colour of the broth, put in a little Turfsoyl, or red Sanders, and so serve it upon sippets, and the fruit uppermost.

To make ordinary stewd broth.

To make an excellent boyled meat: take four peeces of a rack of Mutton, and wash them clean, and put them into a pot well scoured with fair water; then take a good quantity of Wine and Verjuice, and put it into it; then slice a handfull of Onions, and put them in also, and so let them boyl a good while, then take a peece of sweet Butter with Ginger and Salt, and put it to also, and then make the broth thick with grated bread, and so serve it up with sippets.

A fine boyled meat.

To boyl a Mallard curiously, take the Mallard when it is fair skinned, washed and trust, and put it on a spit and rost it till you get the gravy out of it: then take it from the spit and boyl it, then take the best of the broth into a Pipkin, and the gravy which you saved, with a peece of sweet Butter and Currants, Vinegar, Pepper, and grated Bread: Thus boyl all these together, and when the Mallard is boyled sufficiently, lay it on a dish with sippets, and the broth upon it, and so serve it forth.

To boyl a Mallard.

To make an excellent *Oleporride*, which is the onely princetake



pull dish or boyld meat which is esteemed in all *Spain*, you shall take a very large vessell, pot or Kettell, and filling it with water, you shall set it on the fire, and first put in good thick gobbets of well fed Beef, and being ready to boyl skum your pot; when the Beef is half boyled, you shall put in Potato-roots, Turneps and Carrets: also like gobbets of the best Mutton, and the best Pork; after they have boyled a while: you shall put in the like gobbets of Venison, red and Fallow if you have them; then the like gobbets of Veal, Kid, and Lamb, a litle space after these, the fore parts of a fat Pig, and a cramb'd Pullet: then put in Spinage, Endive, Succory, Marigold leaves and flowers; Lettice, Violet leaves, Strawberry leaves, Bachel and Scallions all whole and unchopt, then when they have boyled a while, put in a Partridge and a Chicken chopt in pieces, with Quails, Railes, Black birds, Larks, Sparrowes, and other small Birds, all being well and tenderly boyled, season up the broth with good store of Sugar, Cloves, Mace, Cinamon Ginger, and Nutmeg mixt together in a good quantity of verjuice and salt, and so stir up the pot well from the bottom: then dish it up upon great Chargers or long Spanish Dishes, made in store of hippets in the bottom: then cover the meat all over with Prunes, Raisins, Currants, and blancht Almonds, boyled in a thing by themselves: then cover the fruit and the whole boyled herbs, and the herbs with slices of Oranges & Lemmons, & lay the roots round about the sides of the dish, and strew good store of Sugar over all, and so serve it forth.

To make the  
best white  
broth.

To make the best white broth, whether it be with Veal, Capon, Chickine, or any other fowl or Fish: First boyl the flesh or Fish then by it self, take the value of a quart of strong Mutton broth or fat Kid broth, & put it into a pipkin by it self, and put into it a bunch of Time, Marjoram, Spinage, and Endive bound together; then when it seeths, put in a pretty quantity of Beef-marrow and the marrow of mutton with some whole Mace and a few bruised Cloves; then put in a pint of White wine with a few whole slices of Ginger; after these have boyled a while together, take blancht Almonds, and having beaten them together in a mortar with some of the broth, strain them and

put it in also; then in another Pipkin boyl Currants, Prunes, Raisins and whole Cinamon in verjuyce and sugar with a few sliced Dates; and boyl them till the verjuyce be most part consumed, or at least come to sirrup; then drain the fruit from the sir, up, and if you see it be high coloured, make it white with sweet cream warmed, and so mixe it with your wine broth; then take out the Capon or the other Flesh or Fish, and dish it up dry in a dish; then powr the broath upon it, and lay the fruit on the top of the meat, and adorn the side of the dish with very dainty sippets; First Oranges, Lemmons, and Sugar, and so serve it forth to the table.

To boyl any wild Fowl, *Mallard, Teal, Widgeon*, or such like: First boyl the Fowl by it self, then take a quart of strong *Mutton*-broth, and put it into a pipkin and boyl it; then put unto it good store of sliced *Onions*, a bunch of sweet pot-herbs and a lump of sweet Butter; after it hath boyled well, season it with verjuyce salt and sugar, and a little whole pepper; which done, take up your Fowl and break it according to the fashion of carving, and stick a few Cloves about it; then put it into the broth with *Onions*, and there let it take a boyl or two, and so serve it and the broth forth upon the sippets: some are so thicken it with toasts of bread steeped and strained, but that is as please the Cook.

To boyl any wild Fowl.

To boyl a leg of *Mutton*, or any other joynt of meat whatsoever; first after you have washt it clean, parboyl it a little, then spit it & give it half a dozen turns before the fire, then draw it when it begins to drop and press it between two dishes and save the gravy; then slash it with your knife, and give it half a dozen turns more, and then press it again, and thus doe as often as you can force any moisture to come from it; then mixing *Mutton*-broth, White-Wine and Verjuyce together, boyl the *Mutton* therein til it be tender, and that most part of the liquor is clean consumed; then having all that while kept the gravy you took from the *Mutton* stewing gently upon a Chaffingdish and coales, you shall add unto it good store of salt, sugar, Cinamon and ginger, with some Lemmon slices, and a little of an orange-peel, with a few fine white bread crummes; then taking up the *Mutton*, put the remainder of the broth in,

To boyl a leg of Mutton.

and

and put in likewise the gravy, and then serve it up with sippets, laying the *Lemmon* slices uppermost, and trimming the Dish about with Sugar.

If you will boyl Chickens, young Turkeys, Pea-hens, or house fowle daintily; you shall after you have trimmed them, drawn them, trust them, and washt them, fill their bellies as full of Parsley as they can hold: then boyl them with Salt and Water onely till they be enough: then take a dish and put into it Verjuyce and Butter, and Salt, and when the butter is melted rake the Parsley out of the Chickens belly, and mince it very small, and put it to the verjuyce and Butter, and stirr it well together; then lay in the Chickens, and trimme the dish with sippets and soe serve forth.

A broth for  
any fresh fish.

If you will make broth for any fresh fish whatsoever, whether it be Pike, Breame, Carp, Eel, Barbell, or such like: you shall boyl water, verjuyce and Salt together with a head sliced Onyons; then you shall thicken it with two or three Spoonfulls of Ale-barm, then put in a good quantity of whole *Barberries*, both branches and other, as a pretty store of *Currants*; then when it is boyled enough, dish up your Fish, and put your broth unto it, laying your fruit and *Onyons* uppermost. Some to this broth will put *Prunes* and *Dates* slic'd, but it is according to the fancy of the cook, or the will of the Householder.

Thus I have from these few presidents shewed you the true Art and making of all sorts of boyled meates, and broths; and though men may coin strange names, and fain strange Arts; yet be assured she that can do these, may make any other whatsoever, altering the tast by the alteration of the compounds as she shall see occasion: And when a broath is too sweet, to sharpen it with verjuyce, when too tart to sweeten it with sugar: when flat and wallowish, to quicken it with Orenge and Lemmons; and when too bitter, to make it pleasant with hearbs and spices.

Additions  
to boyl meate.  
A Mallard  
finneared, or a  
Hare, or old  
Gony.

Take a Mallard when it is clean dressed, washed and trust, and parboyl it in water, till it be skum'd and purified: then take it up, and put it into a Pipkin with the neck downward, and the tayl upward, standing as it were, upright: then fill the  
Pipkin.

Pipkin half full with that water, in which the Mallard was par-boyled, and fill up the other half with white Wine: then pill and slice thin a good quantity of Onyons, and put them in with whole fine herbs, according to the time of the year, as Lettice, Strawberry leaves, Violet-leaves, Vine-leaves, Spinage, Endive, Succory, and such like, which have no bitter or hard cast, and a pretty quantity of Currants and Dates sliced: then cover it close, and set it on a gentle fire, and let it stew, and smoor till the Herbs and Onyons be soft, and the Mallard enough: then take out the Mallard, and carve it as it were to go to the Table; then to the Broth put a good lump of butter, Sugar, Cynamon, and if it be in Summer so many Goose-berriet as will give it a sharp tast; but in the Winter, as much wine vinegar, then heat it on the fire and stir all well together: then lay the Mallard in a dish with sippets, and pour all this broth upon it, then trim the sides of the dish with sugar, and so serve it up. And in this manner you may also smoare the hinder parts of a Pike, or a whole of a Grey, being trust up close together.

After your Pike is dress and open'd in the back, and laid flat, as if it were to fry, then lay it in a large dish for the purpose, also to receive in the dish such white wine to it, as will cover it all over; then set it in a chaffing-dish and coales to boyl very gentle, and if any good wine, take it away; then put to it Currants, Sugar, Cynamon Barbary-berries, and as many Prunes as will serve to garnish the dish, then cover it close with another dish, and let it stew till the fruit be soft, and the Pike enough; then put to it a good lump of sweet Butter; then with a fine skummer take up the fish, and lay it in a clean dish with sippets, then take a couple of yolks of eggs, the film taken away, and beat them well together with a spoonfull or two of Cream; and as soon as the Pike is taken out, put it into the broth and stir it exceedingly, to keep it from curding; then powr the broth upon the Pike, and trim the sides of the dish with Sugar, Prunes, and Barbaries, slices of Orenge or Lemmons, and so serve it up. And thus may you also stew Roches, Gurnets, or almost any sea-fish or fresh fish.

Take a Lambs head and Purtenance clean washt and pickt, and put it into a Pipkin with fair water, and let it boyl, and

To stew a pike

To stew a  
Lambs head &  
Purtenance

skumme it clean, then put Currants and a few sliced Dates, and a bunch of the best farcing herbs tyed up together, and so let it boyl well till the meat be enough: then take up the Lambs-head and Puttenance, and put it into a clean dish with sippets; then put in a good lump of Butter, and beat the yolks of two eggs with a little Cream, and put it to the broth with Sugar, Cynamon, and a spoonfull or two of Verjuyce, and whole Mace, and as many Prunes as will garnish a dish, which should be put in when it is but half boyled, and so pour it upon the Lambs-head and Puttenance, and adorn the sides of the dish with Sugar, Prunes, Barberies, Oranges, and Lemmons, & in no case forget not to season well with Salt, and to serve it up.

A breft of  
Mutton stewed.

Take a very good breft of Mutton, chopt into sundry large peeces, and when it is clean-washt, put it into a pipkin with fair water, and set it on the fire o boyl; then skum it very well, then put in of the finest parsneps cut into slices as long as ones hand, and clean wash & scrap them good store of the best Onyons, and all manner of sweet pleasant Potherbs and Lettice, all grossely chopt; and good store of Pepper and Salt, and then cover it, and let it stew till the Mutton be enough; then take up the mutton, and lay it in a dish with sippets, and to the broth put a little wine vinegar, and pour it on the mutton with the Parsneps whole, and adorn the sides of the dish with Sugar, and so serve up: And as you do with the Breft soe you may doe with any other Joynt of Mutton.

To stewe  
Neates foot.

Take a Neates foot that is very well boyled (for the tenderer it is, the better it is) and cleave it in two, and with a clean cloath dry it well from the Soule-drink; then lay it in a deep earthen platter, and cover it with Verjuyce, then set it on a chaffingdish and coales, and put to it a few Currants, and as many Prunes as will garnish the dish, then cover it, & let it boyl well, many times stirring up with your knife, for fear it sticke to the bottom of the dish; then when it is sufficiently stewed, which will appear by the tenderness of the meat and softnesse of the fruit, then put in a good lump of Butter, great store of Sugar and Cynamon, and let it boyl a little after: then put it altogether into a clean dish with Sippets, and adorn the sides of the dish with Sugar and Prunes, and so serve it up.

Of Roast  
meats.

To proceed then to roast meates, it is to be understood, that



that in the generall knowledge thereof are to be observed these few rules. First the cleanly keeping and scowring of the spits, *Observations.*  
 and cobirons; next the neat picking and washing of meat, be- *in roast-meats.*  
 fore it be spitted, then the spitting and broaching of meat, which  
 must be done so strongly and firmly, that the meat may by no  
 meanes either shrink from the spit, or else turn about the spit:  
 & yet ever to observe that the spit do not go through any prin-  
 cipall part of the meat, but such as is of least account and esti-  
 mation: and if it be birds, or fowl which you spit, then to let  
 the spit go through the hollow of the body of the fowl, and so  
 fasten it with pricks or skewers under the wings about the  
 thighs of the fowl, and at the feet or rump, according to your  
 manner of trussing and dressing them.

*Spitting of  
roast-meats.*

Then to know the temperature of fires for every meat, and  
 which have a slow fire, and yet a good one taking leaseure in  
 roasting, as chinees of Beef, Swans, Turkies, Peacocks, Bustards,  
 and generally any great large Fowl, or any other Joynts of  
 Mutton, Veal, Duck, Kidde, Lamb, or such like: whether it bee  
 Venison red or fallow, which indeed would lye long at the fire,  
 and soak well in the roasting, and which would have a quick  
 and sharp fire without scorching, as Pigs, Pullets, Pheasants,  
 Partridges, Quails, and all sorts of middle sized, or lesser fowl,  
 and all small birds, or *water* and roast-meats, as Oliyes of Veal,  
 Harelets; a pound of butter roasted; or puddings simple of chea-  
 selves, & many other such like, which indeed would be sudden-  
 ly and quickly dispatcht, because it is intended in Cookery,  
 that one of these dishes must be made ready, whilst the other  
 is in eating. Then to know the Complexions of meats, as which  
 must be pale and white roasted, yet thoroughly roasted, as Mu- *The complexi-  
ons of meat.*  
 ton, Lamb, Kid, Capon, Puller, Pheasant, Partridge, Veal, Quail,  
 & all sorts of middle and small land or water Fowl, and all small  
 birds; which must be brown roasted, as Beef, Venison, Pork,  
 Swan, Geese, Piggs, Crane, Bustards, and any large Fowl, or other  
 thing whose flesh is black.

*The best ba-  
stings of meats.*

Then to know the best bastings for meat, which is sweet  
 Butter, sweet Oyl, barrell Butter, or fine rendred up seam  
 with Cynamon, Cloves, and Mace. There be some that will  
 bast onely with Water, and Salt, and nothing else;

yet

yet it is but opinion, and that must be the worlds Master al-waies.

The best dred-  
ging.

Then the best dredging, which is either fine white-bread-crumbs, well grated, or else a little very white meal, and the crumbs very well mixt together.

To know  
when meat is  
enough.

Lastly to know when meat is roasted enough; for as too much rawness is unwholesome, so too much driness is not nourishing. Therefore to know when it is in the perfect height, and is neither too moist nor too dry, you shall observe these signes: first, in your large joynts of meat, when the steam or smoak of the meat ascendeth, either upright, or else goeth from the fire, when it beginneth a little to shrink from the spit, or when the gravy which droppeth from it is clear without bloodiness, then is the meat enough.

If it be a Pigge, when the eyes are fallen out, and the body leaveth Piping, for the first is when it is half roasted, and would be singed to make the roast rise and crackle, and the latter when it is full enough; and would be drawn; or if it bee any kind of Fowl you roast; when the thighs are tender, or the hinder parts of the pinions at the setting, on of the wings, are without blood, then be sure that your meat is fully enough roasted; yet for a better and more certain assuredness, you may thrust your knife into the thickest parts of the meat, and draw it out again, and if it bring out white gravy without any bloodiness, then assuredly it is enough, and may be drawn with all speed convenient, after it hath been well basted with Butter not formerly melted, then dredged as aforesaid, then basted over the dredging, and so suffered to take two or three turns, to make crisp the dredging: Then dish it in a fair dish with salt sprinkled over it, and so serve it forth. Thus you see the generall form of roasting all kind of meat: therefore now I will return to some particular dishes, together with their severall sauces.

Roasting Mut-  
ton with Oy-  
sters.

If you will roast Mutton with Oysters, take a shoulder alone, or a legge, and after it is washt, parboyl it a little: then take the greatest Oysters, & having opened them into a dish, drain the gravy clean from them twice or thrice, then parboyl them a little, then take Spinage, Endive, Succory, Strawberry-leaves, Violet leaves & a little parsley, with some Seallions: chop these very small toge-

together, then take your Oyfters very dry, drained, and mix them with an half part of these herbes: then take your meat and with these Oyfters and herbes farce or stop it, leaving no place empty, then spit it and roast it, and whilst it is in roasting, take good store of Verjuyce and Butter, and Salt, and set it in a dish on a chaffing-dish and coales: and when it begins to boyl, put in the remainder of your herbes without Oyfters, and a good quantity of Currants, with Cynamon, and the yolk of a couple of eggs: And after they are well boyled and stirred together, season it up according to your tast with Sugar; then put in a few Lemon slices: the meat being enough draw it, and lay it upon this sawce removed into a clean dish, the edge thereof being trimmed about with Sugar, and so serve it forth.

To roast a legg of Mutton after an outlandish fashion, you shall take it after it is wash'd, and cut off all the flesh from the bones, leaving onely the outmost skin intirely whole and fast to the bone, then take thick Cream and the yolks of eggs, and beat them exceedingly well together, then put to Cynamon, Mace and a little Nutmegge, with Salt, then take bread-crummes, finely grated and least with good store of Currants, and as you mixe them with the Cream put in Sugar, and so make it into a good stiffness: Now if you would have it look green, put in the juyce of sweet herbes, as Spinage, Violet leaves, Endive, &c. If you would have it yellow, then put in a little Saffron strained, and with this fill up the skin of your legge of Mutton in the same shape and form that it was before, and stick the outside of the skinne thick with Cloves, and so roast it thoroughly, and baste it very well, then after it is dredg'd, serve it up as a leg of Mutton: with this pudding, for indeed it is no other, you may stop any other joynt of meat, as breest or loine, or the belly of any fowl boyled or roast, or Rabber, or any meat else which hath skin or emptines. If into this pudding also you beat the inward pith of an Oxes back, it is both good in tast, and excellent soveraign for any disease, ich, or flux in the reins whatsover.

To roast a Gigger of Mutton, which is the legge splatted and half part of the loin together, you shall after it is wash'd, stop it with Cloves, so spit it, and lay it to the fire, and tend it well with basting: then you shall take Vinegar, Butter and

To roast a leg  
of Mutton o-  
therwise.

To roast a  
Gigger of mutton.

Currants, and set them on a fire in a dish or pipkin; then when it boyles, you shall put in sweet herbs, finely chopt, with the yolk of a couple of Eggs, and so let them boyl together: then the meat being hal-roasted, you shall pare off some part of the leanest and brownest, then shred it very small, and put it into the pipkin also: then season it up with Sugar, Cynamon, Ginger, and Salt, and so put it into a clean dish, then draw the Gigger of Mutton and lay it on the sauce, and throw salt on the top, and so serve it up.

To roast olives  
of Veal

You shall take of a leg of Veal, and cut the flesh from the bones and cut it out into thin long slices: then rake sweet herbs, and the white part of Scallions, and chop them well together with the yolks of eggs, then role it up within the slices of Veal, and so spit them and roast them: then boyl Verjuice, Butter, Sugar, Cynamon Currants, and sweet herbs together, and being seasoned with a little Salt, serve the Olives up upon the sauce with salt cast over them.

To roast a pig

To roast a Pigge curiously you shall not scald it, but draw it with the hair on, then having washt it, spit it and lay it to the fire so as it may not scorch, then being a quarter roasted, and the skin blistered from the flesh, with your hand pull away the hair and skin, and leave all the fat and flesh perfectly bare: then with your knife scotch all the flesh down to the bones, then baste it exceedingly with sweet Butter and Creame, being no more but warm: then dredge it with fine bread crums, currants, sugar and salt mixt together; and thus apply dredging upon basting, and basting upon dredging, till you have covered all the flesh a full inch deep: Then the meat being fully roasted, draw it, and serve it up whole.

To roast a  
pound of butter  
well.

To roast a pound of Butter curiously and well, you shall take a pound of sweet Butter, and beat it stiff with Sugar and the yolks of Eggs; then clap it round-wise about a spit, and lay it before a soft fire, & presently dredge it with the dredging before appointed for the Pig: then as it warmeth or melteth, so apply it with dredging till the Butter be overcome, and no more will melt to fall from it: then roast it brown, and so draw it, and serve it out, the dish being as neatly trim'd with Sugar as may be.

To roast a pudding upon a spit you shall mixe the pudding

before spoken of in the leg of Mutton, neither omitting herbe  
or saffron, and put to a little sweet Butter, and mixe it very stiff:  
then fold it about the spit, and have ready in another dish some  
of the same mixture well seasoned, but a great deal thinner, and  
no Butter at all in it; and when the pudding doth begin to roast,  
and that the butter appears, then with a spoon cover it all over  
with the thinner mixture, and so let it roast: then if you see no  
more Butter appear, then baste it as you did the Pig, and lay more  
of the mixture on, and so continue till all be spent: and then  
roast it brown, and so serve it up.

To roast a  
pudding on a  
spit.

If you will roast a chine of Beef, a loyn of mutton, a Ca-  
pon, and a Lark, all at one instant, and at one fire, and have all  
ready together and none burnt, you shall first take your chine  
of Beef and parboyl it more than half through: Then first take  
your Capon, being large and fat, and spit it next the hand of  
the turner, with the eggs from the fire, then spit the chine of  
beef, then the Lark, and lastly the loyn of Mutton, and place the  
Lark so as it may be covered over with the Beef and the fat part  
of the loyn of Mutton, without any part disclosed: then baste your  
Capon, and your loyn of Mutton with cold water and salt, the  
chine of beef with boyling Lard, then when you see the Beef is  
almost enough, which you shall hasten by scotching and ope-  
ning of it, then with a clean cloth you shall wipe the Mutton  
and Capon all over, and then baste it with sweet butter till all be  
enough roasted: then with your knife lay the Lark open, which by  
this time will be stewed between the Beef and Mutton, and baste-  
ing it also with dredge altogether, draw them and serve them up.

To roast a  
chine of Beef  
Loyn of Mutton  
Lark and  
Capon at one  
fire and at one  
instant.

If you will roast any venison, after you have washt it & clean-  
sed all the blood from it, you shall stick it with cloves all over  
on the out side, & if it be clean you shall lard it either with myn-  
ton-lard, or pork lard; but mutton is the best: then spit it & roast  
it by a soaking fire, then take vinegar, bread-crummes, and some  
of the gravy which comes from the venison, and boyl them well  
in a dish: then season it with sugar, Cynamon, ginger and salt, &  
serve the venison forth upon the sauce when it is roasted enough.

To roast Veni-  
son.

If you will roast a piece of fresh Sturgeon, which is a dainty  
dish, you shall stop it with Cloves, then spit it, and let it roast  
at great leisure, plying it continually with basting, which will  
take

take



take away the hardnes: then when it is enough, you shall draw it, and serve it upon Venison sawce, which salt onely thrown upon it.

The roasting of all sorts of meates differeth nothing but in the fire, speed and leisure, as is aforesaid, except these compound dishes, of which I have given you sufficient presidents, and by them you may perform any work whatsoever but for the ordering, preparing, and trussing your meates for the spit or table, in that there is much difference: for in all joynts of meat, except a shoulder of Mutton, you shall crust and break the joynts well, from Piggs and Rabbits you shall cut off the feet before you spit them, and the heads when you serve them to the table, and the Pigge you shall chine and divide into two parts: Capons, Pheasants, Chickens, and Turkeys you shall roast with the pinions foulded up, and the legs extended: Hens, Stock-doves, and House-doves, you shall roast with the pinions foulded up and the legs cut off by the knees, and thrust into the bodies: Quailles, Partridges, and all sorts of small birds shall have their pinions cut away, and the legs extended: all sorts of Water-Fowl shall have their pinions cut away, and their legges turned backward: Wood-cockes, Snipes and Stint shall be roasted with their heads and necks on, and their legges thrust into their bodies, and Shovelers and Bitterns shall have no necks but their heads onely.

To roast a  
Cows Udder.

Take a Cowes udder, and first boyl it well: then stick it thick all over with Cloves: then when it is cold spit it, and lay it on the fire and apply it very well with basting of sweet butter, & when it is sufficiently roasted & brown, then dredge it, and draw it from the fire, take vinegar and butter, and put it on a Chaffing dish and coals, and boyl it with White-bread crumbs, til it be thick; then put to it good store of Sugar & Cinnamon, and putting it in a clean dish, lay the Cowes Udder therein, and trim the sides of the dish with sugar, and so serve it up.

To roast a  
fillet of  
Veal.

Take an excellent good leg of Veal, and cut the thick part thereof a handfull and more from the Knuckle: then take the thick part (which is the fillet) and farce it in every part all over with Strawberry leaves, Sorrell, Spinage, Endive and

Suc-

Saccory grossly chopt together, and good store of Onyons then lay it to the fire and roast it very sufficiently and brown, casting good store of salt upon it, and basting it well with sweet butter: then take of the former hearbs much finer chopt then they were for farcing, & put them into a Pipkin with y-negar, and clean washt Currants, and boyl them well together; then when the hearbs are sufficiently boyl'd and soft, take the yolkes of four very hard boyl'd Eggs, and shred them very small, and put them into the Pipkin also with Sugar and Cynamon, and some of the gravy which drops from the Veal, and boyl it over again, and then put it into a clean dish, and the fillet being dredg'd and drawn, lay upon it and trim the side of the dish with Sugar and so serve it up.

To make an excellent sauce for a rost Capon, you shall take Onyons, and having sliced and pilled them, boyl them in fair water with Pepper, Salt, and a few bread crums: then put unto it a Spoonfull or two of Claret wine, the juyce of an Orange, and three or four slices of Lemon pill; all these shred together, and so powr it upon the Capon being broke up.

To make sawce for an old Hen or Pullet, take a good quantity of Beer and salt, and mixe them well together with a few fine bread crums, and boyl them on a chaffing dish and coales; then take the yolks of three or four hard Eggs, and being shred small, put it to the Beer, and boyl it also, then the Hen being almost enough, take three or four Spoonfulls of the gravy which comes from her, and put it in also, and boyl all together to an indifferent thickness: which done, suffer it to boyl no more, but only to keep it warm on the fire, & put into it the juyce of two or three Oranges & the slices of Lemons, pilled and shred small: & the slices of Oranges having also the upper rind taken away: then the Hen being broken up, take the brains thereof, and shredding them small, put it into the sawce also, and stirring all well together, put it hot into a clean warm dish, and lay the Hen (broke up) in the same.

The sawce for *Chickins* is divers, according to mens tastes: for some will onely have *Butter*, *Verjuice*, and a little *Parley*.

*Parsley* roasted in their bellies mixt together; others will have *Butter*, *Verjuice* and *Sugar* boyld together with coasts of bread; and others will have thick *sippets* with the *juyce* of *sorrell* and *sugar* mixt together.

The best sauce for a *Pheasant* is *water* and *onions* slic'd, *Pepper* and a little *salt* mixt together, and but stewed upon the coals, and then powred upon the *Pheasant*, or *Partridge*, being broken up, and some will put thereto the *juyce* or *slices* of an *Orange* or *Lemon*, or both: but it is according to tast, and indeed more proper for *Pheasant* then *Partridge*.

Sauce for a *Quaile*, *Raile*, or any fat big bird, is *Claret wine* and *salt* mixt together with the *gravy* of the bird, and a few fine bread crumbs well boyld together, and either a *sage-leave*, or *Bay-leave* crust among it, according to mens tastes.

Sauce for pigeons.

The best sauce for *Pigeons*, *Storkdoves*, or such like is *Vinegar* and *Butter* melted together, and *Parsley* roasted in their bellies, or *Vine-leaves* roasted and mixed well together.

A generall sauce for wild Fowle.

The most generall sauce for ordinary wild-fowle roasted, as *Ducks*, *Mallard*, *Widgeons*, *Twale*, *Snipe*, *Sheldrake*, *Plovers*, *Pucers*, *Gulls*, and such like, is only *Mustard* and *Vinegar*, or *Mustard* and *Verjuice* mixt together, or else an *Onyon*, *Water*, and *Pepper*, and some (especially in the Court) use only *Butter* melted, and not with any thing else.

Sauce for green Geese.

The best sauce for green *Geese* is the *juyce* of *sorrell* and *sugar* mixt together with a few scalded *Feberries*, and served upon *sippets*, or else the belly of the green *Goose* filld with *Feberries*, and so roasted: and then the same mixt with *Verjuice*, *Butter*, *Sugar*, and *Cinamon*, and so served upon *sippets*.

Sauce for stubble Geese.

The sauce for a stubble *Goose* is diverse, according to mens minds, for some will take the pap of roasted apples, and mixing it with *vinegar*, boyll them together on the fire with some of the *gravy* of the *Goose*, and a few *Barberies* and bread crumbs, and when it is boyled to a good thicknesse, season it with *sugar* and a little *cinamon*, and so serve it up: some will add a little *Mustard* and *Onyons* unto it, and some will not rost the apples, but pare them and slice them, and that is the neerer way, but not the better. Others will fill the belly of the *Goose* full of *onions* shred, and *oat-meal-groats*, and being

ing roasted enough, mix it with the gravy of the *Goose*, and sweet hearbs well boyled together, and seasoned with a little Verjuyce.

To make a *Gallantine*, or sauce for a *Swan*, *Bittern*, *Herne*, *Crane*, or any large Fowle, take the blood of the same fowl, and being stir'd well, boyl it on the fire, then when it comes to be thick, put unto it vinegar a good quantity, with a few fine bread-crummes, and so boyl it over again; then being come to good thicknes, season it with sugar and cinamon, so as it may taste pretty and sharp upon the cinamon, and then serve it up in saucers as you do *Mustard*; for this is called a *Chauder* or *Gallantine*, and is a sauce almost for any Fowl what soever.

To make sauce for a *Pig*, some take sage and roast it in the belly of the *Pig*; then boyling Verjuyce, Butter, and Currants together, take and chop the sage small, and mixing the brains of the *Pig* with it, put all together, and so serve it up.

To make a sauce for a loyn of *Veal*, take all kind of sweet Pot hearbs, and chopping them very small with the yolks of two or three Eggs, boyl them in vinegar and butter, with a few bread crummes, and good store of sugar; then season it with sugar and cinamon, and a clove or two crusht, and so powre it upon the *Veal*; with the slices of Orenge and Lemons about the dish.

Take Orenge and slice them thin, and put unto them white Wine and *Rose-water*, the powder of Mace, Ginger and Sugar, and set the same upon a chaffing-dish of coals, and when it is half boyl'd, put to it a good lump of butter, and then lay good store of suppets of fine white bread therein, and so serve your Chickens upon them, and trim the sides of the dish with sugar.

Take faire water, and set it over the fire; then slice good store of Onions, and put into it, and also Pepper and salt, and good store of the gravy that comes from the *Turkey*, and boyle them very well together; then put to it a few fine crums of grated bread to thicken it, a very little sugar, and some Vinegar, and so serve it up with the *Turkey*: or otherwise take grated white bread and boyl it in white Wine till it be thick as a *Gallantine*; in the boyling put in good store of su-

A gallantine, sauce for a swan.

A sauce for a Pigge.

A sauce for a Veale.

Additional unto Sauces.

Sauce for a Turkey.

gar

gar, and Cinamon, and then with a little Turnesole make it of a high murrey colour, and so serve it in saucers with the Turkey in manner of Gallantine.

The best Gallantine.

Take the blood of a swan, or any other great fowl, and put it into a dish; then take stewed prunes and put them into a strainer, and straine them into the blood; then set it on a chafing dish and coales, and let it boyl, then stirring it till it come to be thick, and season it very well with sugar and cinamon, and so serve it in saucers with the fowl, but this sauce must be served cold.

Sauce for a Mallard.

Take good store of Onyons, pill them, and slice them, and put them into vinegar and boyl them very well till they be tender; then put into it a good lump of sweet butter, and season it well with sugar and cinamon, and so serve it up with the fowl.

Of carbonadoes.

Charbonados, or carbonados, which is meat broyled upon the coales (and the invention thereof first brought out of France as appeares by the name) are of divers kinds according to mens pleasures: for there is no meat either boyled or roasted whatsoever, but may afterwards be broyled if the master thereof be disposed, yet the generall dishes which for the most part are to be carbonadoed, are, a breast of mutton half boyled; a shoulder of mutton half roasted, the legs, wings, and carcases of Capon, Turkey, Goose, or any other fowl whatsoever, especially Land fowl.

What is to be carbonadoed.

And lastly, the uttermost thick skinne which covereth the ribs of beef, and is called (being broyled) the Innis of Court-Goose, and is indeed a dish used most for wantonneffe, sometimes to please the appetite; to which may also be added the broyling of Pigs-heads, or the brains of any Fowl whatsoever after it is roasted and drest.

The manner of carbonadoing.

Now for the manner of Carbonadoing, it is in this sort; you shall first take the meat you must Carbonado, and scorch it both above and below; then sprinkle good store of salt upon it, and baste it all over with sweet butter melted; which done, take your Broiling-iron, I do not mean a Grid-iron (though it be much used for this purpose) because the smoke of the coales, occasioned by the dropping of the meat, will ascend about it, and make



make it stinke; but a *Plate-iron* made with *hookes* and *pricks*, on which you may hang the meat, and set it close before the fire, and so the *Plate* heating the meat behind, as the fire doth before, it will both the sooner, and with more neatnesse be ready; then having turned it, and basted it till it be very brown, dredge it, and serve it up with *Vinegar* and *Buster*.

Touching the roasting of *Mutton*, *Venison*, or any Joint of Meate, which is the most excellentest of all *Carbonadoes*, you shall take the fattest and largest that can possibly be got (for *leaner meate is losse of labour, and little meat not worth your time;*) and having scotcht it, and cast salt upon it, you shall set it on a strong fork, with a dripping pan underneath it, before the face of a quick fire, yet so far off, that it may by no meanes scorch, but toast at leisure; then with that which falls from it, and with no other basting, see that you baste it continually, turning it ever and anon many times, and so oft, that it may soake and brown at great leisure; and as oft as you baste it, so oft sprinkle salt upon it, and as you see it toast, scotch it deeper, and deeper, especially in the thickest and most fleshy parts where the blood most resteth; and when you see that no more blood droppeth from it, but the gravy is clear and white, then shall you serve it up either with *Venison-sauce*, with *Vinegar*, *Pepper* and *Sugar*, *Cinamond*, and the juyce of an *Orange* mixt together, and warmed with some of the gravie.

Take *Mutton* or *Lambe* that hath been either roasted, or but parboil'd, and with your knife scotch it many wayes, then lay it in a deep dish, and put to it a pint of *white Wine*, and a little whole *Mace*, a little slic'd *Nutmeg*, and some *Sugar*, with a lump of sweet *Buster*, and stew it so till it be very tender; then take it forth, and brown it on the *Grid-iron*, and then laying *Sippets* in the former broth, serve it up.

Take any *Tongue*, whether of *Beef*, *Mutton*, *Calves*, *Red Deer* or *Fallow*, and being wel boyled, pil them, cleave them, and scotch them many wayes; then take three or foure *Eggs* broken, some *Sugar*, *Cinamon*, and *Nutmeg*, and having beaten it wel together, put to it a *Lemon* cut in thin slices, and another cleane pild, and cut into little foure-square bits, and then take the *Tongue*, and


Of the roasting of Mutton.

Additions, unto carbonadoes. A rather of mutton or Lambe.

How to carbonadoe tongues.

and lay it in; and then having melted good store of butter in a frying pan, put the Tongue and the rest therein, and so fry it brown, and then dish it, and scrape sugar upon it, and serve it up.

#### Additions

  
For dressing  
Fishes.

How to sauce  
any fresh Fish.

Take any fresh fish whatsoever (as Pike, Breame, Carpe, Barbell, Cheam, and such like,) and draw it, but scale it not; then take out the Liver and the refuse, and having opened it, wash it: then take a pottle of faire water, a pretty quantity of white Wine, good store of salt, and some vinegar, with a little bunch of sweet Herbs, and set it on the fire, and as soon as it begins to boile, put in your fish, and having boyled a little, take it up into a faire vessell, then put into the liquor some grosse Pepper and Ginger, and when it is boyled well together with more salt, let it by to cool, and then put your fish into it, and when you serve it up, lay Fenell there-upon.

How to boyle  
small Fish.

To boill small fish, as Roches, Daces, Gudgeon, or Flounder, boill White-wine and water together with a bunch of choise Herbs, and a little whole Mace, when all is boild well together, put in your fish, and scum it well: then put in the foall of a Manchet, a good quantity of sweet Butter, and season it with Pepper, and Verjuyce, and so serve it in upon Sippets, and adorne the sides of the dish with Sugar.

To boyle a  
Gurner or  
Rochet.

First, draw your fish, and either split it open in the back, or joynt it in the back, and trusse it round, then wash it cleane, and boyle it in Water and Salt, with a bunch of sweet Herbs, then take it up into a large dish, and powre unto it Verjuyce, Nutmeg, Butter, and Pepper, and letting it stew a little, thicken it with the yolks of Egges: then hot remove it into another dish, and garnish it with slices of Oranges and Lemmons, Barberries, Prunes, and Sugar, and so serve it up.

After you have drawn, washed and scaled a fair large Carp, season it with Pepper, Salt, and Nutmegge, and then put it into a Coffin with good store of sweet Butter, and then cast on Ruffins of the Sun, the juice of Lemons, and some slices of Orange-pils, and then sprinkling on a little Vinegar, close up and bake it.

First let your Tench blood in the taile, then scour it, wash it,

it, and scald it, then having dried it, take the fine crummes of *Bread*, sweat *Creame*, the yolks of *Egges*, Currants clean wash'd, a few sweet hearbs, chopt small, season it with Nutmeg and Pepper, and make it into a stiffe paste, and put it into the belly of the Tench, then season the Fish on the out side with Pepper, Salt and Nutmegge, and so put it into a deep Coffin with sweet Butter, and so close up the Pye and bake it; then when it is enough draw it, and open it, and put into it a good peece of preserved Orange minc'd: then take Vinegar, Nutmeg, Butter, Sugar, & the yolk of a new layd Egg, and boyl it on a Chaffing dish and continually waies stirring it to keep it from curding; then pown it into the Pye, shake it wel, and so serve it up.

Take a large Trout fair trim'd, and wash it, and put it in- How to stew a Trout.  
to a deep pewter dish, then take half a pint of sweet Wine, with a lump of butter, and a little whole mace, parsley, savory and time, mince them all small, and put them into the Tenches belly, and so let it stew a quarter of an hour, then mince the yolk of a hard Egge, and strow it on the Trout, and laying the herbs about it, and scraping on sugar, serve it up.

After you have drawn your Eeles, chop them into small How to bake Eeles.  
peecees of three or four inches, and season them with Pepper, Salt, and Ginger, and so put them into a Coffin with a good lump of butter, great Raisins, Onions small chopt, and so close it, bake it, and serve it up.

Next to these already rehearsed, our English Housewife The Pastery & baked meats.  
must be skilfull in Pastery, and know how and in what manner to bake all sorts of meat, and what Paste is fit for every meat, and how to handle and compound such Pastes. As for example, Red Deer Venison, Wild-boar, Gammons of bacon, Swans, Elkes, Porpus, and such like standing dishes, which must be kept long, would be bak'd in a moist, thick, tough, course, and long lasting crust, and therefore of all other your Rye paste is best for that purpose; your Turkey, Capon, Pheasant, Partridge, Vcale, Peacocks, Lamb, and all sorts of Water-fowle which are to come to the Table more than once (yet not many dayes) would be bak'd in a good white

white crust, somewhat thick; therefore your wheate is fit for them; your Chickens, Calves feet, Olives, Potatoes, Quinces, Fallow Deere and such like, which are most commonly eaten hot, would be in the finest, shortest, and thinnest crust; therefore your fine Wheat-flower which is a little baked in the oven before it be kneaded is the best for that purpose.

Of the mixture  
of paste.

To speak then of the mixture and kneading of Pastes, you shall understand that your Rye-paste would be kneaded only with hot water, and a little butter, or sweet Seam, Rye-flower very finely sifted, and it would be made tough and stiffe, that it may stand well in the rising, for the Coffin thereof must ever be very deep; your course Wheat-crust should be kneaded with hot water, or Mutton-broth, and good store of butter, and the paste made stiffe and tough; because that Coffin must be deep also: your fine Wheat crust must be kneaded with as much butter as water, and the paste made reasonable fyth and gentle, into which you must put three or four eggs or more, according to the quantity you blend together, for they will give it a sufficient stiffening.

Of puffed paste.

Now for the making of puff paste of the best kind, you shall take the finest wheat flower after it hath been a little baked in a pot in the oven, and blend it well with eggs whites and yolks all together, and after the paste is well kneaded, roule out a part thereof as thin as you please, and then spread cold sweet butter over the same, then upon the same butter role another leaf of the paste as before; and spread it with butter also and thus role leaf upon leaf with butter between, till it be as thick as you think good; and with it either cover any baked meat, or make paste for Venison, Florentine, Tart, or what dish else you please and so bake it: there be some that to this paste use sugar, but it is certaine it will hinder the rising thereof, and therefore when your puff paste is baked, you shall dissolve sugar into Rose-water, and drop it into the paste as much as it will by any meanes receive, and then let it a little while in the oven after, and it will be sweet enough.

Of baking red  
Deer, or Fal-  
low, or any  
thing to keep  
cold.

When you bake red Deer, you shall first parboile it and take out the bones, then you shall, if it be lean, lard it, if fat, take the charge, then put it into a press to squeeze out the blood, then

then for a night lay it in a meat sauce made of Vinegar, small drink and salt, and then taking it forth, season it well with Pepper finely beaten, and salt well mixt together, and see that you lay good store thereof, both upon and in every open and hollow place of the Venison, but by no means cut any slashes to put in the Pepper, for it will of it self sink fast enough into the flesh, and be more pleasant in the eating, then having raised the coffin, lay in the bottome a thick course of butter, then lay the flesh thereon, and cover it all over with butter, and so bake it as much as if you did bake brown bread, then when you draw it, melt more butter with three or foure spoonfulls of Vinegar, and twice so much Claret wine, and at a vent hole on the toppe of the lidde, powr in the same, till it can receive no more, and so let it stand and coole, and in this sort you may bake Fallow Deer, or Swanne, or whatsoever else you please to keep cold, the meate sauce onely being left out, which is onely proper to red Deer. And if to your meat sauce you adde a little Turnesole, and therein steep Beef, and Rammie mutton: you may also in the same manner take the first for Red Deer Venison, and the latter for Fallow, and a very good judgement shall not be able to say otherwise, then that it is of it self perfect Venison, both in taste, colour, and the manner of cutting.

To bake beef  
or mutton for  
venison.

To bake an excellent Custard or Dowset: you shall take good store of eggs, and putting away one quarter of the whites, beate them exceeding well in a bason, and then mixe with them the sweetest and thickest cream you can get, for if it be any thing thinne, the Custard will be wheyish: then season it with salt, sugar, cinamon, cloves, mace, and a little Nutmeg, which done raise your coffins of good tough wheat paste, being the second sort before spoke of, and if you please raise it in pretty works or angular formes, which you may do by fixing the upper part of the crust to the nether with the yolles of eggs, then when the coffins are ready, strow the bottomes over a good thickness with turrants and sugar, then set them into the Oven, and fill them up with the confectiion before blended, and so drawing them, adorne all the tops with Carraway Cumfets, and slices of Date pickt right up, and so

To bake a Custard or Dowset.



serve them up to the table. To prevent the wheyishnes of the Custard, dissolve into the first confection a little lingsglass and all will be firm.

To bake an  
Olive-pie.

To make an excellent olive pye: take sweet hearbs, as Violet leaves, Strawberry leaves, Spinage, Succory, Endive, Tyme and Sorrel, and chop them as small as may be, and if there be a Scallion or two amongst them it wil give the better taste, then take the yolks of hard Eggs, with Currants, Cinamon, Cloves and Mace, and chop them among the hearbs also; then having cut our long Olives of a leg of Veale, roule up more then three parts of the hearbs so mixed within the Olives, together with a good deale of sweet butter; then having raised your crust of the finest and best paste, strow in the bottome the remainder of the hearbs, with a few great Raisins, having the stones pickt out: then put in the Olives, and cover them with great Raisins, and a few Prunes: then over all lay good store of butter, and so bake them: then being sufficiently bak't, take Glaret Wine, Sugar, Cinamon, and two or three spoonfulls of Wine Vinegar, and boyle them together, and then drawing the pie, at a vent in the top of the lid put in the same, and then set it into the Oven again a little space, and so serve is forth.

To make a  
Marrow-bone  
pie.

To bake the best Marrow-bone-pye, after you have mixt the crusts of the best sort of paste, and raised the coffin in such a manner as you please; you shall first in the bottome thereof lay a course of marrow of Beefe, mixt with Currants; then upon it a lay of the soales of Artichocks, after they have been boyled, and are divided from the thistle; then cover them over with marrow, Currants, and great Raisins, the stones pickt out; then lay a course of Potatoes cut in thick slices, after they have been boyled soft, and are cleane pill'd; then cover them with Marrow, Currants, great Raisins, Sugar and Cinamon; then lay a layer of candied *Eringo-roots* mixt very thick with the slices of Dates; then cover it with Marrow, Currants, great Raisins, Sugar, Cinamon and Dates, with a few Damask-prunes, and so bake it: and after it is bak't powre into it, as long as it will receive it, white Wine, Rose water, Sugar, Cinamon and Vinegar mixt together, and candy

all the cover with Rose water and Sugar onely, and so set it into the oven a little and serve it forth.

To bake a Chicken pye, after you have trust your Chickens, broken then their legs and breast bones, and raised your crust of the b. st past, you shall lay them in the coffin close together with their bodies full of butter: then lay upon them, and underneath them currants, great raisins, prunes, cinamon, sugar, whole niace, and salt: then cover all with great store of Butter, and so bake it: after powr into it the same liquor you did in you Marrow-bone pye with yolks of two or three egges beaten amongst it, and so serve it forth.

To bake a chicken pye.

To make good Red Deer Venison of Hares, take a Hare or two or three, as you can or please, and pick all the flesh from the bones; then put it into a mortar either of wood or stone, and with a wooden pestle let a strong person beat it exceedingly, and ever as it is beaten let one sprinkle in some vinegar and some salt: then when it is sufficiently beaten take it out of the mortar and put it into boyling water and parboyl it: when it is parboyled take it and lay it on a table in a round lump, and lay a board over it; and with weights press it as hard as may be: then the water being press out of it, season it well with Pepper and Salt: then lard it with the fat of Bacon so thick as may be, then bake it as you bake other Red deer, which is formerly declared.

Addition to the pastry Venison or hare.

Take a Hare and pick off all the flesh from the bones, and onely reserve the head, then parboyl it well: which done, take it out and let it cool, as soon as it is cold, take at least a pound and half of Raisins of the Sunne, and take out the stones; then mixe them with a good quantity of Mutton suet, and with a sharp shredding knife shred it as small as you would do for a Chewet; then put to it Currants, and whole Ray-sins, Cloves and Mace, Cinamon and salt: then having raised the Coffin long-wise to the proportion of a Hare, first lay in the head, and then the foresaid meat, and lay the meat in the true proportion of a Hare, with neck, shoulders and legs, and then cover the coffin, and bake it as other bak't meates of that nature.

To bake a hare pye.

A Gammon  
of Bacon pie.

Take a Gammon of Bacon, and onely wash it clean, and then boyle it on a soft gentle fire, till it be boyled as tender as is possible, ever and anon sleeting it clean that by all means it may boyl white: then take off the swerd, and farse it very well with all manner of sweet and pleasant farling hearbs then strow store of Pepper over it, and prick it thick with cloves; then lay it into a coffin made of the same proportion, and lay good store of butter round about it, and upon it, and strow pepper upon the butter, that as it melts, the pepper may fall upon the bacon; then cover it and make the proportion of a pigs head in past upon it, and then bake it as you bake red Deer or things of the like nature, only the Past would be of Wheat-meal.

A Herring pie.

Take white pickled Herrings of one nights watering, and boyl them a little, then take off the skin, and take onely the backs of them, and pick the fish clean from the bones; then take good store of Raisins of the Sun, and stone them; and put them to the fish; then take a Warden or two, and pare it, and slice it in small slices from the core, and put it likewise to the fish; then with a very sharp shredding knife shred all as small and fine as may be: then put to it good store of Currants Sugar, Cinamon, slic't Dates, and so put it into the coffin, with good store of very sweet Butter, and so cover it, and leave onely a round vent-hole on the top of the lid, and so bake it like pies of that nature: when it is sufficiently bak'd, draw it out and take claret wine and a little verjuice, sugar, Cinamon, and sweet Butter, and boyl them together: then put it in at the vent-hole, and shake the pie a little and put it again into the Oven for a little space, and so serve it up, the lid being candied over with sugar, and the sides of the dish trimmed with sugar.

A Ling pie.

Take the jole of the best Ling that is not much watred, and is well sodden and cold, but whilst it is hot, take off the skin, and pare it clean underneath, and pick out the bones clean from the fish: then cut it into grosse bits, and let it lie, then take the yolks of a dozen Eggs boild exceeding hard, and put them to the Fish, & shred all together as small as is possible then take all manner of the best and finest pot-herbs, and chop them wonderfull small

small, and mixe them also with the fish; then season it with pepper, Cloves and Mace, & so lay it into a coffin with great store of sweet butter, so as it may swim therein, and then cover it and leave a venthole open in the top, and when it is baked, draw it, & take Verjuyce, sugar, Cinamon, and butter and boile them together, and first with a feather anoint all the lid over with that liquor, and then scrape good store of sugar upon it; then powr the rest of the liquor in at the vent-hole, and then set it into the Oven again for a very little space, and then serve it up as pies of the same nature, and both these pies of Fish before rehearsed, are extraordinary and speciall Lenten dishes.

Take a pint of the sweetest and thickest creame that can be gotten, and set it on the fire in a very cleane scowred skillet, and put into it Sugar, Cinamon and a Nutmeg cut into four quarters, and so boyl it well: then take the yolks of four Eggs, and tak off the slimes, and beat them well with a little sweet Cream, then take the four quarters of the Nutmeg out of the cream, then put in the eggs, and stir it exceedingly, till it be thick: then take a fine Manchet, and cut it into thin shives as much as will cover a dish bottom, and holding it in your hand, powr halfe the Cream into the dish: then lay your bread over it, and cover the bread with the rest of the cream, and so let it stand till it be cold: then strew it over with Caraway Comfets, and prick up some cinamon comfets, and soine slic't Dates; or for want thereof, scrape all over it some Sugar, and trim the sides of the dish with sugar and so serve it up.

Take a pint of the best and thickest Cream, and set it on the fire in a clean skillet, and put into it Sugar, Cinamon, and a Nutmeg cut into four quarters, and so boyl it well, then put it into the dish you intend to serve it in, and let it stand to cool till it be more then luke-warm: then put in a spoonfull of the best earning, and stir it wel about, and so let it stand till it be cold and then strew Sugar upon it, and so serve it up, and this you may serve either in dish, glass, or other plate.

Take Calves Feet well boyl'd, and pick all the meat from A calves foot the bones: then being cold, shred it as small as you can; then pye.

season it with *Cloves* and *Mace*, and put in good store of *Currants*, *Raisins* and *Prunes*, then put it into the coffin with good store of sweet *Butter*: then break in whole sticks of *Cinamon* and a *Nutmeg* slic'd into four quarters, and season it before with *Salt*: then close up the coffin, and onely leave a vent-hole: When it is bak't, draw it, and at the vent-hole put in the same liquor you put in the *Ling-pie*, and trim the lid after the same manner, and so serve it up.

Oyster pie.

Take of the greatest *Oysters* drawn from the shells, and parboyl them in *Verjuyce*: then then put them into a Cullander and let all the moysture run from them, till they be as dry as possible: then raise up the coffin of the pie, and lay them in: then put to them good store of currants, & fine powdred *Sugar* with whole *Mace*, whole *cloves*, whole *Cinamon* and *Nutmegge* slic'd, dates cut, and good store of sweet butter: then cover it, and onely leave a vent-hole: when it is bak't, then draw it, and take white wine, and white wine Vinegar, *Sugar*, *Cinamon*, and sweet butter, & melt it together: then first trim the lid therewith, and candy it with *Sugar*: then powr the rest in at the vent-hole, and shake it well, and so set it into the *Oven* again for a little space, and so serve it up, the dish edges trim'd with *Sugar*. Now some use to put to this Pie *Onions* sliced and shred, but that is referred to discretion, and to the pleasure of the tast.

To recover  
venison that is  
taunted.

Take strong *Ale*, and put to it wine-vinegar as much as will make it sharp, then set it on the fire, and boyl it well and skum it, and make of it a strong brine with bay salt or other salt; then take it off, and let it stand till it be cold, then put your *Venison* into it, and let it lye in it full twelve hours: then take it out from that meer sawce, and press it well; then parboyl it, and season it with pepper and *Salt*, and bake it, as hath been before shewed in this Chapter.

A chewet pie.

Take the brawns and the wings of *Capons* and *Chickens* after they have been roasted, and pull away the skin; then shred them with the *Mutton-suet* very small; then season it with *Cloves*, *Mace*, *Cynamon*, *Sugar*, and *Salt*: then put to *Raisins* of the *Sun*, and *Currants*, and slic'd *Dates*, and *Orenge-pills*, and being well mixt together, put it into small coffins made for



for the purpose, and strow on the top of them good store of Carraway confets: then cover them, & bake them with a gentle heat, & these Chewets you may also make of roasted Veal, seasoned as before shewed, and of all parts the loin is the best.

Take a legg of Mutton, and cut the best of the flesh from A m<sup>e</sup>at pie. the bone, and parboyl it well: then put to it three pound of the best Mutton suet & shred it very small; then spread it abroad, and season it with Salt, Cloves and Mace: then put in good store of Currants, great Raisins and Prunes clean washed, and picked, a few Dates sliced, and some Orange-pills sliced; then being all well mixt together, put it into a coffin, or into divers coffins, and so bake them; and when they are served up, open the lids, and strow store of Sugar on the top of the meat and up on the lid. And in this sort you may also bake Beef or Veal, onely the Beef would not be parboyl'd, and the Veal will ask a double quantity of Suet.

Take the fairest and best Pippins, and pare them, and make a hole in the top of them; then pricke in each hole a Clove or two, then put them into the coffin, then breake in whole sticks of Cynamon, and slices of Orange pills and Dates, and on the top of every Pippin a little piece of sweet butter; then fill the coffin, and cover the Pippins over with Sugar: then close up the Pie, and bake it, as you bake Pies of the like nature; and when it is bak'd, anoint the lidde over with store of sweet butter, and then strow Sugar upon it a good thickness, and set it into the Oven again for a little space, as while the meat is in dishing up, and then serve it.

A Pippin pie.

Take of the fairest and best Wardens, and pare them, and take out the hard cores on the top, and cut the sharp ends at the bottom flat; then boyl them in white wine and Sugar untill the sirrup grow thick: then take the Wardens from the sirrup in a clear dish, and let them cool; then set them into the coffin, and prick cloves in the tops, with whole sticks of cynamon, and great store of Sugar as for pippins: then cover it, and onely reserve a vent hole, so set it in the Oven and bake it; when it is bak'd draw it forth, and take the first sirrup in which

A warden pie

which the wardens were boyld, and tast it, and if it be not sweet enough, then put in more sugar, and some Rose-water, and boyl it again a little: then powr it in at the venthole, and shake the pie well: then take sweet butter, and Rose-water melted, and with it anoint the pie-lid all over, and then strow on it store of sugar, and so set it into the oven again a little space, and then serve it up: and in this manner you may also bake Quinces.

To preserve  
quinces so  
bake all th  
year.

Take the best and sweetest *Woort*, and put to it good store of sugar: then pare and cover the Quinces clean, and put them therein and boyl them till they grow tender: then take out the quinces & let them cool, and let the pickle in which they were boyled stand to cool also: then strain it through a raunge or five, then put the quinces into a sweet earthen pot: then powr the pickle or sirrup unto them, so as all the Quinces may be quite covered all over: then stop up the pot close, and set it in a dry place, and once in six or seven weekes look unto it, and if you see it shrink, or do begin to hoar or mould, then powr out the pickle or sirrup, and renewing it, boyl it over again, and as before put it to the Quinces being cold, and thus you may preserve them for the use of baking, or otherwise all the year.

A Pippin tart.

Take Pippins of the fairest, and pare them, and then divide them just in halves, and take out the cores clean: then having rold the coffin flat, and raised up a small verdge of an inch, or more high, lay in the Pippins with the hollow side downward, as close one to another as may be: then lay here and there a clove, and here and there a whole stick of Cinamon and a little bit of butter: then cover all clean over with Sugar, and so cover the coffin, and bake it according to the manner of Tarts; and when it is bak't, then draw it out, and having boyled butter and rose-water together, anoint all the lid over therewith, and then scrape or strow on it good store of Sugar, and so set it in the oven again, and after serve it up.

A Codlin tart.

Take green Apples from the tree, and coddle them in scalding water without breaking; then pill the thin skin from them and so divide them in halves, and cut out the cores, and so lay

lay them into the coffin; and doe in every thing as you did in the Pippin tart; and before you cover it, when the sugar is cast in, see you sprinkle upon it good store of Rose-water, then close it, and do as before shewed.

Take Codlins as before said, and pill them and divide them A codlin pie in halves, and core them, and lay a leare therof in the bottom of the py: then scatter here and there a clove, and here and there a piece of whole Cinamon, then cover them all over with Sugar, then lay another lear of *codlins*, & do as before said, and so another till the Coffin be all filled, then cover all with *sugar*, and here and there a Clove and a Cinamon-stick, and if you will a slic't Orange pill and a Date; then cover it, and bake it as the Pies of that nature: when it is bak't, draw it out of the Oven, and take of the thickest and best Cream with good store of Sugar, and give it one boyl or two on the fire, then open the pie, and put the Cream therein and mash the Codlins all about; then cover it and having trimmd the lid (as was before shewed in the like pies and tarts) set it into the oven again for half an hour, and so to serve it forth.

Take the fairest Cherries you can get, and pick them clean A cherry tart. from leaves and stalks: then spread out your coffin as for your pippin tart, and cover the bottom with sugar, then cover the sugar all over with Cherries, then cover those Cherries with sugar, some sticks of Cinamon, and here and there a Clove: then lay in more Cherries, and so more sugar, Cinamon and Cloves, till the coffin be filled up: then cover it, and bake it in all points, as the codlin and pippin Tarts, and so serve it: and in the same manner you may make Tarts of Gooseberries, Strawberries, Rasberries, Bilberries, or any other Berry whatsoever.

Take Rice that is clean picked, and boyl it in sweet A Rice Tart. Cream, till it be very soft; then let it stand and cool, and put into it good store of Cinamon and sugar, and the yolks of a couple of Eggs and some Currants, stir and heat all well together, then having made the coffin in the manner before said for other Tarts, put the Rice therein, and spread it all over the coffin: then break many little bits of sweet butter upon it all over, and scrape some sugar over it also, then cover the tart, and bake it, and trim it in all points, as hath been before shewed, and so serve it up, Take

A Florentine.

Take the Kidneys of veal after it hath been well roasted, and is cold: then shred it as fine as is possible; then take all sorts of sweet Pot hearbs, or farcing hearbs, which have no bitter or strong tast, and chop them as small as may be, and putting the veal into a large dish put the hearbs unto it, and good store of clean washt Currants, Sugar, Cinamon, the yolks of four eggs, a little sweet Cream warmd, and the fine grated crummes of a half penny loaf, and salt, and mixe all exceedingly together: then take a deep pewter dish, and in it lay your past very thin rowld out, which past you must mingle thus: Take of the finest wheat flower a quart, and a quarter so much sugar, and a little Cinamon; then break into it a couple of Eggs, then take sweet cream and butter melted on the fire, and with it knead the past, and as was before said, having spread butter all about the dishes sides: then put in the veal, and breake peeces of sweet butter upon it, and scrape sugar over it; then rowl out another past reasonable thick, and with it cover the dish all over, closing the two pasts with the beaten whites of Eggs very fast together, then with your knife cut the lid into diverse pretty works according to your fancy, then set it in the oven and bake it with pies and tarts of like nature; when it is bak't, draw it and trim the lid with sugar, as hath been shewed in tarts, and so serve it up with your second courses.

A prune tart.

Take of the fairest damask prunes you can get, and put them in a clean pipkin with fair water, Sugar, unbruised Cinamon, and a branch or two of Rosemary, and if you haue bread to bake, stew them in the oven with your bread: if otherwise, stew them on the fire: when they are stewed, then bruise them all to mash in their sirrups, and strain them into a clean dish; then boyl it over again with sugar, Cinamon and Rose-water, till it be as thick as Marmelad: then set it to cool, then make a reasonable tough past with fine flower, Water, and a little butter, and rowl it out very thin: then having patterns of paper cut into divers proportions, as Beasts, Birds, arms, Knots, Flowers and such like: Lay the patterns on the past, and so cut them accordingly: then with your fingers pinch up the edges of the past, and set the work in good

good proportion: then prick it well all over for rising, and set it on a clean sheet of large paper, and so set it into the oven and bake it hard; then draw it and set it by to cool; and thus you may do by a whole Oven full at one time, as your occasion of experience is: then against the time of service comes, take of the confection of prunes before rehearsed, and with your Knife or a spoon fill the coffin according to the thickness of the verge; then strow it over with carryway comfets, and prick long comfets upright in it, and so taking the paper from the bottom serve it on a plate in a dish or charger, according to the bigness of the tart, and at the second course, and this tart carryeth the colour black.

Take apples and pare them, and slice them thin from the core into a pipkin with white wine, good store of Sugar, Cinamon, a few Saunders and Rose-water, and so boyl it till it be thick; then cool it, and strain it and beat it very well together with a spoon, then put in into the coffin as you did the Pruen tart, and adorn it also in the same manner, and this tart you may fill thicker or thinner, as you please to raise the edge of the coffin, and it carrieth colour red.

Take good store of Spinage, and boyl it in a Pipkin, with A Spinage White-wine, till it be very soft as pap: then take it and strain it well into a pewter dish, not leaving any part unstrained: then put to it rosewater, great store of Sugar and cynamond, and boyl it till it be as thick as Marmalad, then let it cool, and after fill you coffin and adorn it, and serve it in all points as you did your pruen-tart, and this carrieth the colour green.

Take the yolks of Eggs and breake away the filmes, and beat them well with a little cream: then take of the sweetest and thickest cream that can be got, and set it on the fire in a cleanskiller; and put into it sugar, cinamon, Rosewater, and then boyl it well: when it is boyl'd, and still boyling stir it well, and as you stir it put eggs, and so boyl it till it curdle; then take it from the fire and put it into a strainer, and first let the thin whay run away into a by dish, then strain



strain the rest very well, and beat it well with a spoon, and so put it into the tart coffin, and adorn it as you do your pueren tart, and so serve it, and this carrieth the colour yellow.

A white tart.

Take the whites of eggs and beat them with rosewater, and a little sweet cream, then set on the fire good thick sweet cream, and put into it sugar, cinamon, rosewater, and boyl it well, and as it boyles stir it exceedingly, and in the stirring put in the whites of eggs, then boyl it till it curde, and after do in all things as you did in the yellow tart, and this carrieth the colour white, and it is a very pure white, and therefore would be adorned with red carraway comets, and as this, so with blancked almonds like white tarts, and full as pure. Now you may if you please put all these severall colours, and severall stufes into one tart, as thus: If the Tart be in the proportion of a beast, the body may be of one colour, the eyes of another, the teeth of another, the talles of another, and of birds, the body of one colour, the eyes of another, the legs of another, and every feather in the wings of a severall colour according to fancy: and so likewise in armes, the field one colour, the charge of another, according to the form of the Coat armour, as for mantles, trailes, and devices about armes, they may be set out with severall colours of preserves, conserves, marmalade, and good in cakes, and as you shall find occasion or invention, and so likewise of knots, one tayl of one colour, and another of another, and so of as many as you please.

A herb tart.

Take Sorrell, spinage, parslly, and boyl them in water till they be very soft as pap, then take them up and press the water clean from them, then take good store of yolks of eggs boild very hard, and chopping them with the hearbs exceeding small, then put in good store of currants, sugar and cynamon, and stir all well together; then put them into a deep tart coffin with good store of sweet butter, and cover it and bake it like a pippin tart, and adorn the lid after the baking in that manner also, and so serve it up.

To bake a pudding pyc.

Take a quart of the best cream, and set it on the fire and slice a loaf of of the lightest white bread into thin slices, and put into it, and let it stand on the fire till the milk begin to rise, then

then take it off, and put it into a balon, and let it stand till it be cold, then put in the yolks of four eggs, and two whites, good store of currants, sugar, Cinamon, Cloves, Mace, and plenty of Sheeps suet finely shred, and a good season of Salt, then trim your pot very well round about with butter, and so put in your pudding, and bake it sufficiently, then when you serve it, strow sugar upon it.

Take the best and sweetest cream; and boil it with good store of Sugar, and Cinamon, and a little rosewater, then take it from the fire and put it into clean pickt rice, but not so much as to make it thick, and let it steep therein till it be cold, then put in the yolks of six eggs and two whites, Currants, Cinamon, Sugar, and rosewater, and salt, then put it into a pan or pot as thin as it were a custard; and so bake it, and serve it in the pot it is baked in, trimming the top with Sugar or comfers.

There are a world of other bakes, meats and Pies, but for as much as whosoever can do these, may do all the rest, because herein is contained all the art of seasoning, I will trouble you with no further repetitions; but proceed to the manner of making Banqueting stuff, and conceited dishes, with other pretty and equivois secret, necessary for the understanding of our English House-wife: for albeit they are of generall use, yet in their due times they are so needfull for adoration, that whosoever is ignorant therein, is lame, and but the half part of a House-wife.

To make past of quinces, first boyl your quinces whole, and when they are soft pare them and cut the quince from the core; then take the finest Sugar you can get, finely beaten and searfed, and put in a little rose-water and boyl it together till it be stiff enough to mold, and when it is cold then role it: and print it: a pound of quinces will take a pound of sugar, or near thereabouts.

To make thin quince-cakes, take your quince when it is boyled soft as before said, and dry it upon a pewter plate with a soft hear, and be ever stirring of it with a slice till it be hard, then take searfed sugar quantley for quantity, and strow it into the quince, as you beat it in a wooden or stone mortar: and so roule them thin and print them.

A white por.

Banqueting  
fruit and con-  
ceited dishes.To make past  
for Quinces.To make thin  
quince cakes.

To

To preserve  
quinces.

To preserve quinces, first pare your quinces and take out the cores, and boyl the cores and parings altogether in fair water, and when they begin to be soft, take them out and strain your liquor, and put the weight of your quinces in sugar, and boyl the quinces in the sirrup till they be tender: then take them up and boyl the sirrup till it be thick. If you will have your quinces red, cover them in the boiling, and if you will have them white do not cover them.

To make Ipocras.

To make Ipocras take a pottle of wine, two ounces of good cinamon, half an ounce of ginger, nine cloves, and six pepper corne, and a nutmeg, and bruise them and put them into the wine with some rosemary flowers, and so let them steep all night, and then put in sugar a pound at least, and when it is well settled, let it run through a woollen bag made for that purpose: thus if your wine be claret the Ipocras will be red if white then of that colour also.

To make jelly.

To make the best jelly, take calves feet and wash them and scald off the hair as clean as you can get it: then split them and take out the fat and lay them in water and shift them, then bruise them in fair water untill it will jelly, which you shall know by now and then cooling a spoonfull of the broths when it will jelly then strain it, and when it is cold then put in, a pint of sack and whole Cinamon, and sugar and a little rose-water, and boyl all well together again: Then beat the white of an Egg and put it into it, and let it have one boill more: then put in a branch of *Rosemary* into the bottom of your jelly bag, and let it run through once or twice, and if you will have it coloured, then put in a little *Townesall*. Also if you want calves feet you may make as good Jelly if you take the like quantity of *Isingglass*, and so use no calves feet at all.

To make  
Leich.

To make the best Leech take *Isingglass* and lay it two hours in water, and shift it and boyl it in fair water and let it cool. Then take *Almonds* and lay them in cold water till they will blanch, And then stamp them and put to new milke, and strain them and put in whole *Mace* and *Ginger* slic't, and boyl them till it tast well of the spice then put in your *Isingglass*, and sugar, and a little *Rose-water*, and then let them all run through a strainer.

To make gin-  
ger bread.

Take Claret wine and colour it with *Townesall*, and put in  
sugar

sugar and set it to the fire: then take wheat bread finely grated and sifted, and Licoras, Aniseeds, Ginger and Cinnamon beaten very small and searfed: and put your bread and your spice together, and put them into the wine and boyl it and stir it till it be thick: then mould it and print it at your pleasure, and let it stand neither too moist nor too warm,

To make red Marmelade of quinces: take a pound of quinces and cut them in halves, and take out the cores and pare them; then take a pound of Sugar and a quart of fair water and put them all into a pan, and let them boyl with a soft fire, and sometimes turn them and keep them covered with a pewter dish, so that the steam or ayr may come a little out: the longer they are in boyling the better colour they will have: and when they be soft take a Knife, and cut them cross upon the top, it will make the sirrop go through that they may be all of the like colour: then set a little of your sirrop to cool, and when it beginneth to be thick then break your quinces with a slice or a spoon so small as you can in the pan, and then strow a little fine sugar in your boxes bottom, and so put it up.

Marmalade of  
quinces red.

To make white Marmalade you must in all points use your quinces as is before said; only you must take but a pint of water to a pound of quinces, and a pound of Sugar, and boyl them as fast as you can, and cover them not at all.

Marmalade  
white.

To make the best Jumbals, take the whites of three Eggs, and beat them wel, and take off the froth; then take a little milk and a pound of fine wheat flower and sugar together finely sifted, and a few Anniseeds wel rub'd and dried, and then work all together as stiff as you can work it, and so make them in what forms you please, & bake them in a soft oven upon white Papers.

To make jumbals.

To make Basket-bread, take a pound of fine flower, and a pound of sugar finely beaten and searfed, and mix them together: then take eight eggs, & put four yolks, and beat them very wel together: then strow in your flower & sugar as you are beating of it, by a little at once, it will take very near an hours beating: then take half an ounce of Anniseeds and Coriander-seeds, and let them be dried and rub'd very clean, and put them in, then rub your basket pans with cold sweet butter as thin as you can, and so put it in, and bake it in an oven: but if you would

To make basket bread.

have thin cakes, then take Fruit dishes, and rub them in like sort with butter, and so bake your Cakes on them, and when they are almost baked, turn them, and thrust them down close with your hand. Some to this Bisket bread will add a little cream, and it is not amiss, but excellent good also.

To make finer  
Jumbals.

To make Jumbals more fine and curious than the former, and nearer to the tast of the Macaroon: take a pound of sugar, beat it fine: then take as much fine wheat flower, and mix them together: then take two white and one yolk of an Egg, half a quarter of a pound of blanched Almonds: then beat them very fine altogether, with half a dish of sweet butter, and a spoonfull of Rose-water, and so work it with a little cream till it come to a very stiff past, then roule them forth as you please: and hereto you shall also, if you please add a few dried Aniseeds finely rubbed, and strewed into the past, and also Coriander seeds.

To make dry  
Sugar-leach:

To make dry sugar leach, blanch your almonds; and heat them with a little Rose water, and the white of one egg, and you must beat it with a great deal of sugar, and work it as you would work a piece of past: then roul it, and print it as you did other things, only be sure to strew sugar in the print for fear of cleaving too.

To make leach  
Lumbard.

To make Leach Lumbard, take half a pound of blanched Almonds, two ounces of cinamon beaten and searled, half a pound of sugar; then beat your Almonds, and strew in your sugar and cinamon till it come to a past: then roule it, and print it, as aforesaid.

To make fresh  
cheese.

To make an excellent fresh cheese, take a pottle of milk as it comes from the Cow, and a pint of cream: then take a spoonfull of runnet or carning, and put it unto it, and let it stand two houres: then stir it up, and put it into a fine cloath, and let the Whey drain from it: then put it into a bowl, and take the yolk of an Egg, a spoonfull of Rose water, and bray them together with a very little Salt, with Sugar and Nutmegs, and when all these are brayed together, and searled, mix it with the curd, and then put it in the Cheese-fat with a very fine cloth.

How to make  
course Ginger  
bread.

To make course Ginger-bread, take a quart of honey, and let it on the coals and refine it: then take a penny worth of Ginger,



Ginger, as much Pepper, as much Licoras and a quarter of a pound of Anniseeds, and a penyworth of Saunders: all these must be beaten and searfed, and so put into the Honey: then put in a quarter of a pint of Claret wine, or old Ale: then take three penny manchets finely grated, and strow it amongst the rest, and stir it till it come to a stiff past, and then make it into cakes, and dry them gently.

To make ordinary Quince-cakes, take a good piece of a preserved quince, and beat it in a mortar, and work it up into a very stiff past with fine searft sugar: then print it, & dry them gently. How to make Quince cakes

To make most Artificiall Cinamon-sticks, take an ounce of Cinamon and pound it, and half a pound of Sugar: then take some gumme Dragon, and put it in steep in Rose water: then take thereof to the quantity of a Hasell-nut, and work it out and print it, and roul it in form of a Cinamon stick. How to make Cinamon sticks.

To make cinamon-water, take a pottle of the best Ale and a pottle of Sack-lee, a pound of Cinamon sliced fine, and put them together, and let them stand two dayes; then distill them in a Limbeck or Glasse still. How to make cinamou-water,

To make Wormwood water, take two Gallons of good Ale, a pound of Anniseeds, half a pound of Licoras, and beat them very fine; and then take two good handfulls of the crops of Wormwood and put them into the Ale, and let them stand all night, and then distill them in a Limbeck with a moderate fire, water. To make worm-wood water,

To make Sweet water of the best kind, take a thousand Damask Roses, two good handfulls of Lavendar-tops, a three penny weight of Mace, two ounces of Cloves bruised, a quart of running water: put a little water into the bottom of an earthen pot, and then put in your Roses and Lavendar, with the spices by little and little, and in the putting in, alwayes knead them down with your fist, and so continue it untill you have wrought up all your Roses and Lavendar, and in the working between put in alwaies a little of your water; then stop your pot close, and let it stand in four dayes, in which time, every morning and evening put in your hand, and pull from the bottom of your pot the said Roses, working it for a time, and then distill it, and hang in the glasse of water a grain or two of Musk wrapt in a piece of Sarcenet or fine cloth. To make sweet water.

Another way.

Others to make sweet water, take of Ireos two ounces, of Calamids half an ounce, of Cipress roots half an ounce, of yellow Sanders nine drams, of Cloves bruised one ounce, of Storax and Calamint one ounce, and of Musk twelve grains, and infusing all these in Rose-water distil it.

To make  
Date Leach.

To make an excellent Date-Leach; take Dates, and take out the stones, and the whiterind, and beat them with Sugar, Cinamon, and Ginger, very finely; then work it as you would work a piece of past, and then print them as you please.

To make su-  
gar plate.

To make a kind of Sugar plate take Gumme Dragon, and lay it in Rose-water two dayes: then take the powder of fair Hepps and Sugar, and the juyce of an Orange; beat all these together in a mortar, then take it out, and work it with your hand, and print it at your pleasure.

To make spice  
Cakes.

To make excellent spice Cakes, take half a peck of very fine Wheat-flower, take almost one pound of sweet butter, and some good milk and cream mixt together, set it on the fire, & put in your butter, and a good deal of sugar, & let it melt together: then strain Saffron into your milk a good quantity, then take seven or eight Spoonfulls of good Ale-barm, and eight eggs with two yolks, and mixe them together, then put your milk to it when it is somewhat cold, and into your flower put salt, Aniseeds bruised, Cloves, and Mace, and a good deal of Cinamon: then work all together good and stiff, that you need not work in any flower after, then put in a little rose-water cold, then rub it wel in the thing you knead it in, and work it throughly: if it be not sweet enough, scrape in a little more sugar, and pul it al in pieces, and hurle in a good quantity of Currants, and so worke al together againe, and bake your Cake as you see cause, in a gentle warme Oven.

To make a  
Baubery cake.

To make a very good Baubery Cake, take foure pounds of Currants, and wash and pick them very clean, and drie them in a cloth: then take three eggs, and put away one yolke, and beat them and strain them with barm, putting thereto Gloves, Mace, Cinamon, and Nutmegg, then take a pint of Cream, and as much mornings milk, and set it on the fire till the cold be taken away, then take flower, and put in good store of cold

cold butter and sugar, then put in your eggs, barme, and meale, and work them all together an houre or more; then save a part of the paste, and the rest break in peeces, and work in your Currants; which done, mold your Cake of what quantity you please; and then with that paste which hath not any Currants, cover it very thin, both underneath, and a loft. And so bake it according to the bignesse.

To make the best march-pane, take the best Jordan Almonds, and blannch them in warm water, then put them into a stone morter, and with a wooden pestell beat them to pap; then take of the finest refined sugar, well searft, and with it Damaske Rose-water, beat it to a good stiff paste, allowing almost to every Jordan Almond, three spoonfulls of sugar: then when it is brought thus to a paste, lay it upon a faire table, and strowing searft sugar under it, mould it like leaven, then with a rolling pin role it forth, and lay it upon waters washit with rose-water; then pinch it about the sides and put it into what form you please; then strow searft sugar all over it, which done, wash it over with Rose-water and sugar mixt together, for that will make the Ice; then adorn it with Comfets, gilding, or whatsoever devices you please, and so set it into a hot stove, and there bake it crispie; and serve it forth. Some use to mixe with the paste, Cinamon and Ginger finely searft, but I referre that to your particullar taste.

To make the best March-pane.

To make paste of *Genoa*, you shall take Quinces after they have been boyled soft, and beat them in a morter with refined sugar, Cinamon and Ginger finely searft, and damask rose-water till it come to a stiffe past; and role it forth, and print it, and so bake it in a stove; and in this sort you may make paste of Pears, Apples, Wardens, Plummes of all kinds, Cherries, Barberries or what other fruits you please.

To make paste of Genoa, or any other paste.

To make conserve of any fruit you please, you shall take the fruit you intend to make conserve of, and if it be stone-fruit you shall take out the stones: if other fruit, take away the paring and core, and then boyl them in faire running water to a reasonable height: then draine them from thence, and put them into a fresh vessell with Claret wine, or White wine, according to the colour of the fruit: and so boyl them

To make any Conserve.

to a thick pap all to mashing, breaking and stirring them together: and then to every pound of pap, put to a pound of sugar, and so stir them all well together, and being very hot, strain them through faire strainers, and so pot it up.

To make Con-  
serve of Flow-  
ers.

To make conserve of Flowers, as Roles, Violets, Gilliflowers, and such like; you shall take the flowers from the stalks, and with a paire of sheeres cut away the white ends at the roots thereof, and then put them into a stone mortar, or wooden brake, and there crush, or beat them, till they be come to a soft substance: and then to every pound thereof, take a pound of fine refined sugar, well searst, and beat it all together, till it come to one intire body, and then pot it up, and use it as occasion shall serve.

To make Wa-  
fers.

To make the best wafers, take the finest wheat flower you can get, and mixe it with creame, the yolks of eggs, Rose-water, Sugar, and Cinamon, till it be a little thicker then Pancake-batter, and then warming your wafer Irons on a char-coal-fire, anoint them first with sweet butter, and then lay on your batter and press it, and bake it white or brown at your pleasure.

To make Mar-  
malade of O-  
ranges.

To make an excellent Marmalade of Oranges, take the Oranges and with a knife pare off as thin as is possible the uppermost rind of the Orange; yet in such sort, as by no means you alter the colour of the Orange; then steep them in fair water, changing the water twice a day till you find no bitterness of tast therein; then take them forth, and first boyl them in fair running water, and when they are soft, remove them into rose-water, and boyl them therein till they break: then to every pound of the pulpe, put a pound of refined Sugar, and so having masht and stirred them all well together, strain it through very fair strainers into boxes and so use it as you shall see occasion.

Additions to  
banqueting  
stuffs.

To make fine  
Cakes.

Fine bread.

Take a pottle of fine flower, and a pound of Sugar, a little Mace, and good store of water to mingle the flower into a stiff past, and a good season of Salt, and so knead it and role out the cake thin, and bake them on papers.

Take a quarter of a pound of fine sugar, well beaten, and as much

much flower finely bolted, with a quantity of Aniseeds a little bruised, and mingle all together; then take two eggs, and beat them very well, whittes and all; then put in the mingled stuff aforesaid, and beat altogether a good while, then put it into a mould, wiping the bottom ever first with butter to make it come out easily, and in the baking turn it out or twice as you shall have occasion; and so serve it whole or in slices at your pleasure.

Take sweet Apples, and stamp them as you do for Cider, then press them through a bag as you do Verjuyce; then put it into a firkin wherein you will keep your quinces; and then gather your quinces, and wipe them clean, and neither core them nor pare them, but only take the blacks from the tops, & so put them into the firkin of Cider, and therein you may keep them all the year very fair, and take them not out of the liquor, but as you are ready to use them, whether it be for pies, or any other purpose, and then pare them and core them as you think good.

To preserve  
Quinces for  
Kirchin service.

Take a gallon of Claret or White wine, and put therein four ounces of Ginger, an ounce and a half of Nutmegs, of Cloves one quarter, of Sugar four pound; let all this stand together in a pot at least twelve hours, then take it, and put it into a clean bag, made for the purpose, so that the wine may come with good lease, and the spices.

To make Ipo-

To preserve  
Quinces.

Take quinces and wipe them very clean, and then core them, and as you core them put the cores straight into fair water; and let the cores and the water boyle; when the water boyleth put in the quinces unpared, and let them boyle till they be tender, and then take them out and pare them, and ever as you pare them, put them straight into sugar finely beaten: then take the water they were sodden in, and strain it through a fair cloath, and take as much of the same water as you think will make sirup enough for the quinces, and put in some of your sugar and let it boyle a while, and then put in your quinces and let them boyle a while, and turn them and cast a good deal of sugar upon them; they must seeth apace, and ever as you turn them, cover them still with sugar, till you have bestowed all your sugar; and when you think that your quinces are tender enough, take them forth, and if your sirup be not stiff enough,



Confecture of  
Quinces.

you may seeth it again after the quinces are forth. To every pound of quinces you must take more then a pound of Sugar, for the more Sugar you take, the fairer your quinces will be: and the better and longer they will be preserved.

Take two gallons of fair water, and set it on the fire, and when it is luke-warm, beat the whites of five or six Eggs, and put them into the water, and stir it well, and then let the water seeth, and when it riseth up all on a curd, then scumme it off. Take quinces and pare them and quarter them, and cut out the cores. Then take as many pound of your quinces as of your Sugar, and put them into your liquor, and let it boyl till your liquor be as high coloured as French Wine, and when they be very tender, then take a fair new canvase cloth fair walthe, and strain your quinces through it with some of your liquor; (if they will not goe through easily) then if you will make it very pleasant, take a little Musk, and lay it in Rose-water, and put it thereto; then take and seeth it, untill it be of such substance, that when it is cold it will cut with a knife; and then put it into a fair boxe, and if you please lay leafe-gold thereon.

To keep Quinces  
all the year.

Take all the parings of your quinces that you make, your coneserve withall, & three or four other quinces, & cut them in pieces, and boyl the same parings, and the other pieces, in two or three gallons of water, and so let them boyl till all the strength bee foddren out of the said quinces and parings, and if any skum arise whilst it boyles, take it away; then let the said water run thorough a strainer into a fair vessell, and set it on the fire again, and take your quinces that you will keep, and wipe them clear, and cut off the utermost part of the said quinces, and pick out the kernels and cores as clean as you can, and put them into the said liquor, and so let them boyl till they be a little soft, & then take them from the fire, and let them stand till they be cold; then take a little barrel & put into the said barrel the water that your quinces be foddren in; then take up your quinces with a Ladle, and put them into your barrell, & stop the barrell close, that no ayr come into them, till you have fit occasion to use them; and be sure to take such quinces as are neither bruised nor rotten.

Take

Take of the best sugar, and when it is beaten searse it very fine, <sup>Fine Ginger</sup> and of the best Ginger and Cinamon; then take a little Gum-<sup>Cakes.</sup> dragon, and lay it in Rose-water all night, then pour the water from it, and put the same with a little White of an Egge well beaten into a brasse mortar, the sugar, ginger, cinamon, and all together, and beat them together till you may work it like paste; then take it and drive it forth into cakes, and print them and lay them before the fire, or in a very warm stove to bake. Or otherwise take Sugar and Ginger (as is before said) cinamon and gum-dragon excepted; instead whereof take onely Whites of Eggs, and so do as was before shewen you.

Take Curds, the paring of Limons, of Oranges, or Pouncel-<sup>To make</sup> trons, or indeed any half-ripe green Fruit, and boyl them till <sup>Suckles.</sup> they be tender in sweet Wort; then make a sirrup in this sort; take three pound of Sugar, and the whites of four Eggs, and a gallon of water, then swinge and beat the water and the eggs together; and then put in your Sugar, and set it on the fire and let it have an easier fire, and so let it boyl sixe or seven waimes, and then strain it through a cloth, and let it seeth again till it fall from the spoon, and then put it into the rinds or fruites.

Take a quart of Hony clarified, and seeth it till it be brown, and if it be thick put to it a dish of water: then take fine crums of white bread grated, and put to it and stirre it well, and when it is almost cold, put to it the powder of ginger, cloves, cinamon, and a little Licoras and Anniseeds: then knead it, and put it into moulds and print it: some use to put to it also a little Pepper, but that is according unto tast and pleasure. <sup>Course Ginger-bread.</sup>

Dissolve sugar, or sugar-candy in Rose-water, boyl it to an height, put in your roots, fruits or flowers, the sirrop being cold, then rest a little, after take them out and boyl the sirrop again, then put in more roots, &c. then boyl the sirrop the third time to an hardness, putting in more Sugar but not Rose-water, put in the roots, &c. the sirrop being cold, and let them stand till they candy. <sup>To candy any root, fruits, or flowers.</sup>

Thus having shewed you how to preserve, conserve, candy, and <sup>Ordering of</sup> make paste of all kinds, in which four heads consists the whole Banquet-<sup>Banquets.</sup> art of banqueting dishes; I will now proceed to the ordering

or setting forth of a banquet, wherein you shall observe that March-panes have the first place, the middle place, and last place: your preserved fruits shall be dight up first, your pails next, your wet suckets after them, then your dried suckets, then your Marmelades and Cotiniates, then your comfits of all kinds: Next your pears, apples, wardens balt raw or roasted, and your Oranges and Lemons sliced; and lastly your Wafer-cakes. Thus you shall order them in the closet; but when they go to the table, you shall first send forth a dish made for shew only, as Beast, Bird, Fish, Fowl, according to invention: then your Marchpane, then preserved Fruit, then a Past, then a wet sucket, then a dry a sucket, Marmelade, comfits, apples, pears, wardens, Oranges and Lemons sliced; and then wafers, and another dish of preserved fruits, and so consequently all the rest before, no two dishes of one kind going or standing together, and this will not only appear delicate to the eye, but invite the appetite with the much variety thereof.

Ordering of  
great Feasts &  
proportion of  
expence.

Now we have drawn our *House-wife* into these several knowledges of Cookery, in as much as in her is contained all the inward Offices of Household, we will proceed to declare the manner of serving and setting forth of meat for a great Feast, and from it derive meaner, making a due proportion of all things; for what avails it our good *House-wife* to be ever so skilfull in the parts of Cookery, if she want skill to marshall the dishes, and set every one in his due place, giving precedency according to fashion and custome? It is like to a Fencer leading a band of men in a rout, who knows the use of the weapon, but not how to put men in order. It is then to be understood, that it is the Office of the Clerk of the Kitchen (whose place our *House-wife* must many times supply) to order the meat at the Dresser, and deliver it unto the Sewer, who is to deliver it to the Gentlemen and Yeomen-waiters to bear to the Table. Now because we allow no Officers but our *House-wife*, to whom we onely speak in this Book, she shall first marshall her Sallets, delivering the Grand Sallet first, which is evermore compound: then green Sallets, then boyled Sallets, then some smaller compound Sallets. Next unto Sallets she shall deliver forth all her Fricases, the simple first, as Collops, Rashers, and such like: then

then compound Fricases, after them all her boyled-meates in their degree, as simple broths, stewd-broth, and the boylings of sundry Fowles. Next them all sorts of Roast-meats, of which the greatest first, as chine of Beef, or surloyn, the gigget or legs of Mutton, Goose, Swan, Veale, Pig, Capon, and such like. Then bak'd-meats, the hot first, as Fallow-Deer in Pasty, Chicken, or Calves-foot-pye and Douset. Then cold bak'd meats, Pheasant, Partridges, Turkey, Goose, Woodcock, and such like. Then lastly, Carbonados both simple and compound. And being thus Marshall'd from the Desser, the Sewer upon the placing them on the Table, shall not set them down as he received them, but setting the Sallets extravagantly about the table, mixe the Fricases about them; then the boyld meats amongst the Fricases, roast-meats amongst the boyld, bak'd meats amongst the roast, and Carbonados amongst the bak'd, so that before every trencher may stand a Sallet, a Fricase, a boyld-meat, a roast-meat, a bak'd meat, and a Carbonado, which will both give a most comely beauty to the Table, and very great contentment to the Guests. So likewise in the second course she shall first preferre the lesser Wild-fowle, as Mallard, Teyle, Snipe, Plover, Woodcock, and such like; then the lesser Land-fowl, as Chicken, Pidgeons, Partridge, Raile, Turkey, Chickens, young Peacocks, and such like.

Then the great Wild-fowl; as Bitter, Hearne, Shoveler, Crane, Bustard, and such like. Then the greater Land-fowles; as Peacocks, Pheasant, Puets, Gulls, and such like. Then hot bak'd meats; as Marrowbone-pye, Quince-pye, Florentine, and Tarts.

Then cold bak'd meats, as Red-Deer, Hare-pie, Gammon of Bacon-pie, Wild-bore, Roe-pye, and such like, and these also shall be marshald at the Table as the first course, not one kind all together, but each severall sort mixt together, as a lesser Wild-fowle, and a lesser Land-fowle, a great Wild-fowle and a great Land-fowle; a hot bak'd meat and a cold; and for made dishes and Quelquechofes, which relie on the Invention of the Cook, they are to be thrust in into every place that is empty, and so sprinkled over all the table: and this is the best method for the extraordinary great Feasts of Princes.

Princes. But in case it be for much more humble means, then lesser care and fewer dishes may discharge it: Yet before I proceed to that lower sort, you shall understand that in these great Feasts of Princes, though I have mentioned nothing but Flesh, yet is not Fish to be exempted; for it is a beauty and an honour unto every Feast, and is to be placed amongst all the severall services; as thus; amongst your Sallets all sorts of foused fish that lives in the fresh water; amongst your Fricases all manner of fryed fish; amongst your boyld meats, all fish in broths; amongst your rost meats, all fish served hot, but dry; amongst the bak'd meats, sea-fish that is sone'd, as Sturgion, and the like; and amongst your Carbonados, fish that is broyld. As for your second course, to it belongeth all manner of shell-fish, either in the shell, or without; the hot to goe up with the hot meat, and the cold with the cold.

And thus shall the Feast be royall, and the Service worthy.

Now for a more humble Feast, or an ordinary proportion which any good man may keep in his Family, for the entertainment of his true and worthy friends, it must hold limitation with his provision, and the season of the year; for Summer affords what Winter wants, and Winter is master of that which Summer can but with difficulty have: it is good then for him that intends to Feast, to set down the full number of his full dishes, that is, dishes of meat that are of substance, and not empty, or for shew; and of these sixteen is a good proportion for one course unto one messe, as thus, for example; First, a shield of Brawn with mustard; Secondly, a boyld Capon; Thirdly, a boyld peece of Beef; Fourthly, a chine of Beef roasted; Fifthly, a Neats tongue roasted; Sixthly, a Pigge roasted; Seventhly, Chewets bak'd; Eighthly, a Goose roasted; Ninthly, a Swan roasted; Tenthly, a Turkey roasted; the Eleventh, a haunch of Venison roasted; the twelfth, a Pasty of Venison; the thirteenth, a Kid with a pudding in the belly; the fourteenth, an Olive-pie; the fifteenth, a couple of Capons; the sixteenth, a Custard or Dousets. Now to these full dishes may be added in Sallets, Fricases, Quelquecholes, and do-



devised pisse, as many dishes more, which make the full service no lesse than two and thirty dishes, which is as much as can conveniently stand on one table, and in one mess: and after this manner you may proportion both your second and third course, holding fulnesse in one halfe of the dishes, and shew in the other, which will be both frugall in the spender, contentment to the guest, and much pleasure and delight to the beholders. And thus much touching the ordering of great feasts, and ordinary contentments.

## C H A P. 3.

*Of Distillations, and their vertues, and of persuming.*

**W**Hen our English House-wife is exact in these rules before rehearsed, and that she is able to adorne and beautifie her table, with all the vertuous illustrations meet for her knowledge; she shall then sort her mind to the understanding of other houswisely secrets, right profitable and meete for her use, such as the want thereof may trouble her when need or time requires.

Therefore first I would have her furnish her self of very good Stils, for the distillation of all kinds of Waters, which <sup>Of the nature</sup> of waters. stils would either be of Tin, or sweet Earth, and in them she shall distill all sorts of Waters meet for the health of her household, as Sage water, which is good for all Rhumes, and Collicks; Radish water, which is good for the stone; Angelica water, good against infection: Celadine water for sore eyes: Vine water for itchings; Rose water, and Eye-bright water for dim sights; Rosemary water for Fistulaes; Trracle water for mouth Cankers; water of Cloves for pain in the Stomack; Saxifrage water for gravell and hard Urine; Alum water for old Ulcers, and a world of others, any of which will last a full yeare at the least. Then she shall know that the best waters for the smoothing the skin, and keeping the face delicate and amiable, are those which are distilled from Beane-flowers, from Strawberries, from Vine leaves, from Goats-milk, from Asses milk, from the whites of Eggs, from the  
flowers

flowers of Lillies, from Dragons, from Calves feet, from bran, or from yolks of Eggs, any of which will last a year or better.

Additions to distillations.  
To distill water of the colour of the heart or flower you desire.

First distill your water in a stillatory, then put it in a glasse of great strength, and fill it with those flowers again (whose colour you desire) as full as you can, and stop it; and set it in the stillatory again, and let it distill, and you shall have the colour you distill.

To make Aquaviv.

Take of Rosemary flowers two handfuls, of Marjoram, Winter-savory, Rosemary, Rew, unset Time, Germander, Rybworte, Harts tongue, Mouseare, white Wormewood, Buglosse, red Sage, Liver wort, Hoarehound, fine Lavender, Issop-crops, Penny royall, Red fennell, of each of these one handfull: of Elcampane roots, clean pared and sliced, two handfuls: Then take all these aforesaid and shred them, but not wash them, then take foure gallons and more of strong Ale, and one gallon of sack-lees, and put all these aforesaid herbs shred into it, and then put into it one pound of Licoras bruised, halfe a pound of Anyseeds cleane sifted and bruised, and of Mace and Nutmegs bruised of each one ounce: then put altogether into your stilling pot, close covered with Rye-passe, and make a soft fire under your pot, and as the head of the Limbeck heateth, draw out your hot water and put in cold, keeping the head of your Lymbeck still with cold water, but see your fire be not too rash at the first, but let your water come at leisure; and take heed unto your stilling, that your water change not white: for it is not so strong as the first draught is; and when the water is distilled, take a gallon glasse with a wide mouth, and put therein a pottle of the best water and clearest, and put into it a pottle of Rosa solis, halfe a pound of Dates bruised, and one ounce of grains, and halfe a pound of Sugar, halfe an ounce of seed pearle beaten, three leaves of fine gold; stirre all these together well, then stop your glasse, and set it in the sunne the space of one or two months, and then clarifie it and use it at your discretion: for a spoonfull or two at a time is sufficient, and the vertues are infinit.

Another excellent Aquaviv.

Fill a pot with red wine clean and strong, and put therein the

the powders of Cammomile, Gilliflowers, Ginger, Pellitory, Nutmeg, Gallengall, Spicknard, Quenebus, graines of pure long pepper, black pepper, Commin, Fennell seed, Smalledge, Parsley, Sage, Rew, Mint, Calamint, and Horshow, of each of them a like quantity, and beware they differ not the weight of a dramme under or above: then put all the powders above-said into the wine, and after put them into the distilling pot, and distill it with a soft fire, and look that it be well luted about with Rye paste, so that no fume or breath go forth, and look, that the fire be temperate: also receive the water out of the Lymbeck into a glasse viall. This water is called the water of Life, and it may be likened to Balm for it hath all the vertues and properties which Balm hath. This water is cleer, and lighter then Rose water, for it will fleet above all liquors, for if oyl be put above this water, it sinketh to the bottome. This water keepeth flesh, and fish, both raw, and sodden, in his own kind and state, it is good against aches in the bones, the poxe, and such like; neither can any thing kept in this water rot or putrify, it doth draw out the sweetnesse, savour, and vertues of all manner of spices, roots and hearbs that are wet or layd therein, it gives sweetnesse to all manner of water that is mixt with it; it is good for all manner of cold sicknesses, and namely for the palsie or trembling joynts, and stretching of the sinewes; it is good against the cold gout, and it maketh an old man seeme young, using to drink it fasting, and lastly it fretteth away dead flesh in wounds, and killeth the canker.

Take Rosemary, Time, Issop, Sage, Fennell, Nip, roots of Elicampane, of each an handfull, or Marjoram and Pennyroyall of each halfe a handfull, eight slips of red Mint, halfe a pound of Licoras, halfe a pound of Aniseeds, and two gallons of the best Ale that can be brewed, wash all these hearbs clean, and put into the Ale, Licoras, Aniseeds, and herbes into a cleane brasie pot, and set your Limbeck thereon, and paste it round about that no Ayre come out, then distill the water with a gentle fire, and keep the Limbeck cool above, not suffering it to run too fast: and take heed when your water changeth

To make aqua composita.

changeth colour, to put another glass under, and keep the first water, for it is most precious, and the latter water keep by it self, and put it into your next pot, and that shall make it much better.

A very principal aqua composta.

Take of Balme, of Rosemary flowers, tops and all, of dried red Rose leaves, of Penny-royal, of each of these a handfull, one root of Elicampne, the whitest that can be got, three quarters of a pound of Licoras, two ounces of Cinamon, two drams of great Mace, two drams of Gallengall, three drams of Coriander seeds, three drammes of Carraway seeds, two or three Nutmegs cut in four quarters, an ounce of Aniseeds, a handfull of borage; you must chuse a fair Sunny day to gather the herbs in; you must not wash them, but cut them in sunder, and not too small; then lay all your herbs in fouse all night and a day with the spices grossly beaten or bruised, and then distill it in order aforesaid: this was made for a learned Phisitians own drinking.

To make the Imperial water.

Take a gallon of Gascoine wine, Ginger, Gallengall, Nutmegs, Grains, Cloves, Aniseeds, Fennel-seeds, Carraway seeds, of each one dramme, then take Sage, Mint, Red roses, Time, Pellitory, Rosemary, Wild-time, Camomile, and Lavender, of each a handfull, then bray the spices small, and the herbs also, and put all together into the Wine, and let it stand so twelve houres, stirring it so divers times, then distill it with a Limbeck, and keep the first water, for it is the best: of a gallon of Wine you must not take above a quart of water; this water comforteth the vital spirits, and helpeth the inward diseases that come of cold, as the palsie, the contraction of sinews, also it killeth worms, and comforteth the stomach, it cureth the cold dropisie, helpeth the stone, the stinking breath, and maketh one seem young.

To make Cinamon water.

Take a pottle of the best Sack, and half a pint of Rosewater, a quarter, and half a pound of good Cinamon well bruised but not small beaten, distill all these together in a glass still, but you must carefully look to it, that it boyl not over hastily, and attend it with cold wet cloaths to cool the top of the Still if the water should offer to boyl too hastily. This water is very soveraign for the stomach, the head, and all the inward

inward parts; it helps digestion; and comforteth the vitall spirits.

1. Take *Fennel, Rew, Vervine, Endive, Bettony, Germander, Red-rose, Capillus Veneris*, of each an ounce; stamp them, and keep them with white wine a day and a night and distill water of them, which water will divide in three parts: the first water you shall put in a glasse by it self, for it is more precious than gold, the second as silver, and the third as balm, and keep these three parts in glasses: this water you shall give the rich for gold, to meaner for silver, to poor men for balm: This water keepeth the sight in cleannesse, and purgeth all grosse humors.

Six most precious waters which *Hippocrates* made and sent to a queen sometimes living in England.

2. Take *Salgemma* a pound, and lap it in a green dock leaf, and lay it in the fire till it be well roasted and wax white, and put it in a glasse against the air a night, and on the morrow it shall be turned to a white water like unto Christall: keep this water well in a glasse, and put a drop into the eye, and it shall cleanse and sharp the sight: it is good for any evill at the heart, for the *Morphew* and the *Canker* in the mouth, and for divers other evils in the body.

3. Take the roots of *Fennel, Parsley, Endive, Bettony*, of each an ounce, and first wash them well in lukewarm water, and bray them well with white wine a day and a night, and then distill them into water: This water is more worthy than Balme; it preserveth the sight much, and cleanseth it of all filth, it restraineth teares, and comforteth the head, and avoideth the water that commeth through the pain of the head.

4. Take the seed of *Parsley, Achannes, Vervine, Carawaies, and Centaury*, of each ten drams, beat all these together, and put it in warm water a day and a night; and put it in a vessell to distill: This water is a precious water for all fore eyes, and very good for the health of mams or womans body.

5. Take Limmell of Gold, Silver, Lattin, Copper, Iron, Steele, and Lead; and take Lethargy of Gold and Silver, take *Galamint, and Columbine*, and steep all together, the first day in the Urine of a man-child, that is between a day and a



night; the second day in white wine; the third day in the juice of Fennel; the fourth day in the whites of Eggs; the fifth day in womans milk that nourisheth a man-child; the sixth day in red wine; the seventh day in the whites of Eggs; and upon the eighth day bind all these together, and distill the water of them, and keep this water in a vessell of Gold or Silver: The vertues of this water, are these: First, It expelleth all Rhumes, and doth away all manner of sickness from the eyes, and wears away the pearl, pin and web; it draweth again into his own kind the eye-lids that have been bleared, it easeth the ache of the head, and if a man drink it, maketh him look young, even in old age, besides a world of other most excellent vertues.

6. Take the Goldsmiths-stone, and put it into the fire, till it be red hot, and quench it in a pint of white wine, and do so nine times, and after grind it, and beat it small, and cleanse it as clean as you may, and after set it in the sun with water of Fennell distilled, and Vervine, Roses, Celladine, and Rew, and a little Aquavirze; and when you have sprinkled it in the water nine times, put it then in a vessell of glasse, and yet upon a reversion of the water distill it, till it passe over the touch four or five inches; and when you will use it, then stirre it altogether, and then take up a drop with a feather, and put it on your nail, and if it abide, it is fine and good: then put it in the eye that runneth, or annoint the head with it if it ake, and temples, and believe it, that of all waters this is the most precious, and helpeth the sight, or any pain in the head.

The vertues of  
several waters.

The water of *Chervile* is good for a sore mouth.

The water of *Calamint* is good for the stomack.

The water of *Plantain* is good for the fluxe, and the hot dropie.

Water of *Fennell* is good to make a fat body small, and also for the eyes.

Water of *Pisces* is good for a man that is sore within his body, and for the reins, and for the liver.

Water of *Endive* is good for the Dropie, and for the Jaundise and the stomack.

Water

Water of *Borage* is good for the stomach, and for the *Iliaca passio*, and many other sicknesses in the body.

Water of both *Sages* is good for the Palsie.

Water of *Betony* is good for old age, and all inward sicknesses.

Water of *Radish* drunk twice a day, at each time an ounce, or an ounce and a half, doth multiply and provoke Lust, and also provoketh the teares in women.

*Rosemary-water* (the face washed therein both morning and night) causeth a fair and clear countenance; also the head washed therewith, and let dry of it self, preserveth the falling of the haire, and causeth more to grow: also two ounces of the same drunk, driveth Venome out of the body in the same sort as Mithridate doth; the same twice or thrice drunk, at each time half an ounce, rectifieth the mother, and it causeth women to be fruitfull. When one maketh a bath of this decoction, it is called the bath of Life: the same drunk, comforteth the heart, the brain, and the whole body, and cleanseth away the spots of the face; it maketh a woman look young, and causeth women to conceive quickly, and hath all the vertues of Balm.

Water of *Rew* drunk in a morning four or five dayes together, at each time an ounce, purifieth the flowers in women: the same water drunk in the morning fasting, is good against the griping of the bowels, and drunk at morning and at night, at each time an ounce, it provoketh the termes in women.

The water of *Sorrell* drunk, is good for all burning and pestilent Feavers, and all other hot sicknesses: being mixt with Beere, Ale, or Wine, it slaketh the thirst: it is also good for the Yellow Jaundise, being taken six or eight daies together: it also expelleth from the liver; if it be drunk, and a cloath wet in the same, and a little wrung out, and so applied to the right side over against the Liver, and when it is dry, then wet another and apply it; and thus doe three or four times together.

Lastly, the water of *Marjoram* is good for the head, for inward infection, either of the head or peftilence, it is very sovereign

veraign for sore breasts; also the same water being drunk of twelve or thirteen daies together, is good to unlade the stomack of grosse humours and superfluities, and it strengtheneth and comforteth all the universal parts of the body: and lastly, it is a most soveraign medicine for the Gout, by bathing the diseased members much therein.

Now to conclude and knit up this Chapter, it is meet that our Housewife know that from the eight of the Kalends of the Month of *April*, unto the eight of the Kalends of *July*, all manner of herbs and leaves are in that time most in strength and of the greatest vertue to be used and put in all manner of Medicines, also from the eight of the Kalends of *July*, unto the eight of the Kalends of *October*, the stalkes, stems, and hard branches of every herb and plant is most in strength to be used in Medicines; and from the eight of the Kalends of *October*, unto the eight of the Kalends of *April*, all manner of roots of herbs and plants are the most of strength and vertue to be used in all manner of Medicines.

An excellent  
water for perfume.

To make an excellent sweet water for perfume, you shall take of Basil, Mints, Marjorum, Corn-flagge-roots, Iffop, Savory, Sage, Balme, Lavender and Rosemary, of each one handfull, of Cloves, Cinamon, and Nutmegs of each half an ounce; then three or four Pomcitrons cut into slices, infuse all these into Damask-rose-water the space of three daies; and then distill it with a gentle fire of Char-coale, then when you have put it into a very clean glass, take of fat Musk, Clovet, and Amber-greece, of each the quantity of a scruple, and put into a ragge of fine Lawn, and then hang it within the water. This being burnt either upon a hot pan, or else boyled in perfuming pans with Cloves, Bay-leaves, and Lemon-pils, will make the most delicatest perfume that may be without any offence, and will last the longest of all other sweet perfumes, as hath been found by experience.

To perfume  
Gloves.

To perfume Gloves excellently, take the oyle of sweet Almonds, oyle of Nutmegs, oyl of Benjamin, of each a dram, of Amber-greece one grain, of fat Musk two graines: mixe them all together, and grind them upon a Painters stone, and then annoint the Gloves therewith, yet before you annoint them

them, let them be dampishly moistned with Damask Rose-water.

To perfume a Jerkin well, take the oyl of Benjamin a penny-worth, oyl of spike and oyl of olives, half penny worths of each, a Jeikin and take two sponges, and warm one of them against the fire and rub your jerkin therewith, and when the oyl is dried take the other sponge and dip it in the oyl, and rub your jerkin therewith till it be dry, then lay on the perfume before prescribed for gloves.

To make very good washing balls, take Storax of both kinds, Benjamin, Calamus Aromaticus, Labdanum, of each a like; and and bray them to powder with Cloves and Arras; then beat them all with a sufficient quantity of Sope till it be stiff, then with your hand you shall work it like past, and make round balls thereof.

To make Musk balls, take Nutmegs, Mace, Cloves, Saffron, and Cinamon, of each the weight of two-pence, and beat it to a fine powder, of Mastick the weight of two pence half penny, of Storax the weight of six-pence, of Labdanum the weight of ten pence; of Ambergreece the weight of six-pence; and of Musk four graines, dissolve and work all these in hard sweet Sope till it come to a stiff paste, and then make balls thereof.

To make a good perfume to burn, take Benjamin one ounce, Storax, Calamint two ounces, of Mastick white Ambergreece, of each one ounce, Ireos, Calamns Aromaticus, Cypresse wood, of each half an ounce, of Camphire one scruple, Labdanum one ounce; beat all these to powder, then take of Sallow, Charcole six ounces, of liquid Storax two ounces, beat them all with Aquavitz, and then shall you roul them into long round routes.

To make Pomanbers, take two penny worth of Labdanum two penny worth of Storax liquid, one penny worth of Calamus Aromaticus, as much Balm, half a quarter of a pound of fine wax, of Cloves and Mace two penny-worth, of liquid Aloes three penny worth, of Nutmegs eight penny worth, and of Musk four graines; beat all these exceedingly together till they come to a perfect substance, then mould it in any fashion you please; and dry it.

To make vine-  
gar.

To make excellent strong vinegar, you shall brew the strong-  
est Ale that may be, and having tunned it in a very strong ves-  
sel, you shall set it either in your garden or some other safe place  
abroad, where it may have the whole Summers day Sun to shine  
upon it, and there let it lye till it be extream sower; then into a  
Hogshead of this Vinegar put the leaves of four or five hun-  
dred Damask Rose, and after they have layen for the space of  
a month therein, house the Vinegar and draw it as you need it.

To make dry  
vinegar.

To make dry Vinegar which you may carry in your pocket,  
you shall take the blacks of green Corn either Wheat or Rye,  
and beat it in a mortar with the strongest Vinegar you can get  
till it come to paste, then roul it into little balls, and dry it in  
the Sun till it be very hard, then when you have occasion to use  
it, cut a little piece thereof and dissolve it in Wine, and it will  
make a strong Vinegar:

To make ver-  
juice.

To make Verjuice, you shall gather your Crabs as soon as  
the Kernels turn black, and having laid them a while in a heap  
to sweat together, take them and pick them from stalks, blacks  
and rottenness: then in long troughs with beetles for the pur-  
pose, crush and break them all to mash: then make a bag of  
course hair cloth as square as the press, and fill it with the crushed  
Crabs, then put it into the press, and press it, while any moy-  
sture will drop forth, having a clean vessell underneath to re-  
ceive the liquor: this done, run it up into sweet Hogsheads, and to  
every Hogshead put half a dozen handfulls of Damask Rose  
leaves, and then bung it up, and spend it as you shall have occa-  
sion.

Additions to  
excellent se-  
crets.

Many other pretty secrets there are belonging unto curious  
house-wives, but none more necessary then these already rehearsed  
except such as shall hereafter follow in their proper places.

To make French  
powder for  
bags.

Take of Arras fixe ounces, of Damask Rose-leaves as much,  
of Marjorum and sweet Basil of each an ounce, of Cloves two  
ounces, yellow Sanders two ounces, of Citron pills seven drams,  
of Lignum-aloes one ounce, of Benjamin one ounce, of Storax  
one ounce, of Musk one dram: bruise all these, and put them into  
a bag of silk or linnen, but silk is the best.

Take of Arras four ounces, of Gallaminis one ounce, of Cirs  
half an ounce, of Rose leaves dried two handfulls, of dried Mar-  
joram



Marjoram one handfull, of Spike one handfull, Cloves one ounce, Benjamin and rax of each two ounces, of white Saunders and yellow of each one ounce, beat all these into a gross powder, then put to it Musk a dram, of Civet half a dram, and of Amber-greece half a dram; then put them into a Taffata bag and use it.

To make sweet  
bags.

Take of Bay-leaves one handfull, of red roses two handfulls, of Damask-Roses three handfulls, of Lavender four handfulls, of Basil one handfull, Marjoram two handfulls, of Camomile one handfull, the young tops of sweet briar two handfulls, of Mandeliortansey two handfull, of Orange peels six or seven ounces, of Cloves and Mace a groats worth: put all these together in a pottle of new Ale in cornes, for the space of three dayes, shaking it every day three or four times; then distill it the fourth day in a still with a continuall soft fire, and after it is distilled, put into it a grain or two of musk.

How to make  
sweet water.

Take a quart of malmsey Lees, or a quart of, malmsey simply, one handfull of Marjoram, of Basil as much, of Lavendar four handfulls, bay leaves one good handfull, Damask rose-leaves four handfulls, and as many of red, the peels of six Oranges, or for want of them one handfull of the tender leaves of walnut-trees, of benjamin half an ounce, of Calamus Aromaticus as much, of camphire four drams, of cloves one ounce, of bildamum half an ounce; then take a pottle of running water, and put in all these spices bruised into your water and malmsey together, in a close stopped pot with a good handfull of Rosemary, and let them stand for the space of six dayes: then distill it wit a soft fire: then set it in the sun sixteen dayes with four grains of Musk bruised. This quantity will make three quarts of water, *Probatum est.*

A very rare &  
pleasant Da-  
mask-water.

Take and brew very strong Ale, then take half a dozen gallons of the first running, and set it abroad to cool, and when it is cold put yeast unto it, and head it very strongly: then put it up in a ferkin, and distill it in the Sun: then take four or five handfull of beanes, and parch them in a pan till they burst: then put them in as hot as you can into the ferkin, and stop it with a little clay about the bung-hole: then take a handfull of clean Rye-Leaven and put in the ferkin; then take a quantity of hberries, and bruise and strain them into the ferkin, and a

To make the  
best vinegar.

good handfull of Salt, and let them lye and work in the Sun from *May* till *August*: then having the full strength, take rose leaves and clip the white ends off, and let them dry in the Sun, then take Elder-flowers and pick them, and dry them in the sun, and when they are dry put them in bags, and keep them all the Winter: then take a pottle pot and draw forth a pottle out of the serkin into the bottle, and put a handfull of the red rose-leaves, and another of the Elder-flowers and put into the bottle, and hang it in the Sun, where you may occupy the same, and when it is empty, take out all the leaves and fill it again as you did before.

To perfume  
gloves.

Take Angelica water and Rose-water, and put into them the powder of cloves, amber-greece, Musk and Lignum Aloer, benjamin and calamus aromaticus: boyl these till half be consumed: then strain it and put your Gloves therein: then hang them in the sun to dry, and turn them often: and thus three times wet them, and dry them again: or otherwise, take Rosewater and wet your gloves therein, then hang them up till they be almost dry, then take half an ounce of benjamin and grind it with the oyl of almonds, and rub it on the gloves till it be almost dried in: then take twenty graines of amber-greece, and twenty graines of Musk, and grind them together with oyl of almonds, and so rub it on the gloves, and then hang them up to dry: or let them dry in your bolome, and so after use them at your pleasure.

#### CHAP. 4.

*The ordering, preserving, and helping of all sorts of Wines,  
and first of the choice of sweet Wines.*

I Doe not assume to my self this knowledge of the Vintners secrets, but ingenuously confesse that one profest skillfull in the Trade, having rudely written, and more rudely disclosed this secret, and preferring it to the Stationer, it came to me to be published, which I have done, knowing that it is necessary, &c.

It is necessary that our English Housewife be skillfull in the election, preservation, and curing of all sorts of Wines, because they be usual charges under her hands, and by the least neg-

neglect must turn the husband to much loss: therefore to speak first of the election of sweet Wines, the must be carefull that her Malmseys be full Wines, pleasant, well hewed and fine: that Bastard be fat, and if it be tawney it skills not, for the tawney Bastards be alwaies the sweetest. Muscadine must be great, pleasant, and strong with a sweet sent, and with Amber colour. Sack if it be Seres (as it should be) you shall know it by the mark of a cork burned on one side of the bung, and they be ever full gage, and so are no other Sacks, and the longer they lie, the better they be.

Take a pleasant But of Malmsey, and draw it out a quart and more; then fill it up with fat Bastard within eight gallons or thereabouts, and parill it with six eggs yolks and all, one handfull of bay-salt, and a pint of conduit water to every parill, and if the Wine be high of colour, put in three gallons of new milk, but skim off the Cream first, and beat it well: or otherwise, if you have a good But of Malmsey, and a good pipe of Bastard, you must take some empty but or pipe, and draw thirty gallons of Malmsey, and as many of Bastard, and beat them all well together; and when you have so done, take a quarter of a pound of Ginger, and bruise it, and put it into your vessell, then fill it up with Malmsey and Bastard: Or otherwise thus, if you have a pleasant But of Malmsey which is called Ralt-mow, you may draw out of it forty gallons, and if your Bastard bee very faint, then thirty gallons of it will serve to make it pleasant: then take four gallons of new milk, and beat it, and put it into it when it lacketh of twelve gallons of full, and then make your flaver.

Take one ounce of Corianders, of bay-salt, of Cloves, of each as much, one handfull of Savory: let all these be blended, and bruised together, and sow them close in a bag, and take halfe a pint of Damask-water, and lay your flaver into it, and then put it into your But, and if it fine, give it a parill, and fill it it up, and let it lye till it fine: or else thus, take Coriander rootes a pennyworth, one pound of Aniseeds, one pennyworth in Ginger, bruise them together, and put them into a bag as before, and make your bagge long and small, that it goe in and out

To make Muscadine, & give it a flaver.

How to flaver Muscadine.

out at the bung-hole, and when you doe put it in, fasten it with a thread at the bung; then take a pint of the strongest Damask-water, and warme it lukewarme, then put it into the but, and then stoppe it close for two or three dayes at least; and then, if you please, you may set it a broach.

To apparell  
Muscardine  
when it comes  
new to be fined  
in twenty four  
hours.

Take seven whites of new laid Egges, two handfulls of Bay-salt, and beat them well together, and put therein a pint of Sack or more, and beat them till they be as short as snow; then over-draw the but seven or eight Gallons, and beat the Wine, and stirre the Lees, and then put in the parell, and beat it, and so fill it up, and stop it close, and draw it on the morrow.

To make white  
Bastard.

Draw out of a Pipe of bastard ten Gallons, and put it to five Gallons of new milk, and skimme it as before, and all to beat it with the paril of eight whites of Eggs, and a handfull of bay-salt, and a pint of conduit water, and it will be white and fine in the morning. But if you will make very fine Bastard, take a white wine Hogshead, and put out the Lees, and wash it clean, and fill it half full, and halfe a quarter, and put to it four gallons of new milk, and beat it well with the whites of six Eggs, and fill it up with white wine and sack, and it will be white and fine.

How to help  
Bastard being  
cager.

Take two Gallons of the best stoned Honey, and two Gallons of White wine, and boyl them in a fair panne, skim it clean, and strein it thorow a faire cloth; that there be no moats in it: then put to it one ounce of *Corianders*, and one ounce of *Amiseds*, foure or five *Orange-pills* dry and beaten to powder; let them lye three dayes: then draw your Bastard into a clean pipe, then put in your honey with the rest, and beat it well: then let it lye a week, and touch it not, after draw it at your pleasure.

To wake ba-  
stard white, and  
to rid away  
Lage.

If your Bastard be fat and good, draw out forty gallons, then you may fill it up with the lags of any kind of white wines or Sacks; then take five gallons of new Milke, and first take away the Creame; then streine it thorow a cleane cloath, and when your pipe is three quarters full, put in your milk; then beat it very well, and fill it so, that it may lack fifteen Gallons, then apparell

aparrell it thus: take the whites only of ten Eggs, and beat them in a fair tray with *Bay-salt* and *Conduit-water*; then put it into the pipe and beat it well, and so fill it up, and let it stand open all night: and if you will keep it any while, you must on the morrow stop it close, and to make the same drink like *Ossey*, give it this flavor: Take a pound of *Aniseeds*, two pence in *Corianders*, two pence in *Ginger*, two pence in *Cloves*, two pence in *Graines*, two pence in long *Pepper*, and two pence in *Livorus*; bruise all these together: then make two bags of linnen cloth, long and small, and put your spices into them, and put them into the pipe at the bung, making them fast there with a thread, that it may sink into the Wine, then stop it close, and in two dayes you may broach it.

Take and draw him from his lees, if he have any, and put the wine into a *Malmsey But* to the Lees of *Malmsey*; then put to the *Bastard* that is in the *Malmsey But*, nigh three gallons of the best *Woor* of a fresh tap, and then fill him up with *Bastard* or *Malmsey*, or *Cute*, if you will; then aparell it thus: First, *Parrell* him, and beat him with a staffe, and then take the whites of foure laid Eggs, and beat them with a handfull of salt till it be as short as *Mosse*, and then put a pint of running water therein, and so fill the pipe up full, and lay a little stone on the bung, and set it abroach within foure and twenty houres, if you will.

A remedy for  
bastard if it  
prick.

If you have a good *But* of *Malmsey*, and a *But* or two of *Sack* that will not be drunk: for the *Sack* prepare some empty *But* or *Pipe*, and draw it more than halfe full of *Sack*: then fill it up with *Malmsey*, and when your *But* is full within a little, put into it three gallons of *Spanish Cute*, the best that you can get; then beat it well, then take your toster, and see that it be deep coloured; then fill it up with *Sack*, and give it aparrell, and beat it well; the aparrell is this: Take the yolkes of ten Eggs; and beat them in a clean bason with a handfull of *Bay-salt*, and a quart of *Conduit-water*, and beat them together with a little piece of *biish*, and beat it till it be as short as *Mosse*; then draw five or six gallons out of your *But*; then beat it again, and then fill it up, and the next day it will be ready



to be drawn: this apparrel will serve both for *Muskadine*, *Bastard*, and for *Sack*.

To shift *Malmsey* and to rid away ill wines.

If you have two principall Buts of *Malmsey*, you may make three good Buts with your Laggess of *Claret* and *Sack*, if you put two Gallons of red Wine in a But, it will save the more *Cute*: then put two or three Gallons of *Cute*, as you see cause; and if it be *Spanish Cute*, two Gallons will goe further then five gallons of *Candy Cute*, but the *Candy Cute* is more naturall for the *Malmsey*: also one But of good *Malmsey*, and a But of *Sack* that hath lost his colour, will make two good Buts of *Malmsey*, with the more *Cute*; and when you have fill'd your butts within twelve gallons, then put in your *Cute*, and beat it half an houre and more: then put in your parrell and let it lye.

If sack want his colour.

First, parrell him as you did the *Bastard*, and order him as shall be shewed you for the *white wine* of *Gascogne* with *milke*, and so let him abroach.

For sack that is tawny.

If your *Sack* have a strong Lee or taste, take a good sweet But, fair washed, and draw your *Sack* into it, and make it to it a parrell as you do to the *Bastard*, and beat it very well, and so stop up your But: and if it be tawny, take three gallons of *new milke*, and strein it clean, and put it into your *Sacks*, then beat it very well, and stop it close.

For sack that doth rape and is brown.

Take a fair empty But with the Lees in it, and draw your *Sack* into the same from his Lees fine: then take a pound of *Rice flower*, as fine as you can get, and foure grains of *Camphire*, and put it into the *Sacks*; and if it will not fine, give it a good parrell, and beat it well: then stop it and let it lye.

To colour sack or any whise wine.

If any of your *Sacks* or *white wines* have lost their colour, take three Gallons of *new milke*, and take away the Creames: then over-draw your wine five or six gallons, then put in your *milke* and beat it; then lay it a fore-tarce all night, and in the morning lay it up, and the next day (if you will) you may set it abroach.

If Alligant be grown hard.

Draw him out into fresh Lee, and take three or four gallons of *stone-honey* clarified, and being coole, put it in, and parrell it with the yolks of foure Eggs, whites and all, and beat it well,

well, and fill it up, and stop it close, and it will be pleasant and quick, as long as it is in drawing.

Take three Gallons of white Honey, and two Gallons of red Wine, boyle them together in a faice pan, and skim it cleane, and let it stand till it be fine and cold, then put it into your Pipe; yet nothing but the finest; then beat it well, and fill it up, and stop it close, and if your Alligant be pleasant and great, it will doe much good, for the one Pipe will rid away divers.

There are two sorts of Rhenish wines, that is to say, *Elstertune* and *Barabant*: the *Elstertune* are the best, you shall know it by the Fat, for it is double bard, and double pinned; the *Barabant* is nothing so good; and there is not so much good to be done with them as with the other. If the wines be good and pleasant, a man may rid away a hoghead or two of white Wine, and this is the most vantage a man can have by them; and if it be slender and hard, then take three or foure gallons of stone-honey, and clarifie it cleane; then put into the honey, foure or five gallons of the same wine, and then let it seeth a great while, and put into it two pence in Cloves bruised, let them seeth together, for it will take away the sent of honey, and when it is sodden take it off, and set it by, till it be thorow cold; then take foure gallons of milk and order it as before, and then put all into your wine, and all to beat it; and (if you can) role it, for that is the best way; then stop it close, and let it lye, and that will make it pleasant.

How to order  
Rhenish wines.

The Wines that be made in *Burdeaux* are called *Gascoine* Wine, and you shall know them by their hazell hopes, and the most be full gage and sound Wines.

Of what coun-  
treys wines are  
by their names.

The Wines of the high countreys, and which are called high-countrey Wines, are made some thirty or fourty miles beyond *Burdeaux*, and they come not down so soon as the other; for if they doe, they are all forfeited, and you shall know them ever by their hazell hoops, and the length gadge lacks.

Then have you Wines that be called *Galloway*, both in Pipes and Hogheads, and be long, and lack two Cesters in gadge and a half, and the wines themselves are high coloured. Then there are other Wines which are called white Wine of *Angulle*, very

very good Wine, and lacks little of gadge, and that is also in pipes for the most part, and is quarter bound. Then there are *Rochell* wines, which are also in pipes long and slender: they are very small hedge-wines, sharp in taste, and of a pallid complexion. Your best Sacks are of *Seres* in *Spain*, your smaller of *Galicia* and *Portugall*: your strong Sacks are of the Islands of the *Canaries*, and of *Malligo*, and your Muscadine and *Malmesys* are of many parts of *Italy*, *Greece*, and some special Islands.

Every *Terse* is in depth the middle of the knot in the midst.

Notes of gading of wines, oyles, and liquors.

The depth of every *Hoghead* is the fourth pricke above the knot.

The depth of every *Puncheon* is the fourth prick next to the punchener.

The depth of every *Sack*-but is the four pricks next to the puncheon.

The depth of the half *Hoghead* is at the lowest notch, and accounted one.

The depth of the half *Terse* is at the second notch, and is accounted two.

The depth of the half *Hoghead* and half pipe, is at the third notch, and accounted three.

The depth of the halfe *But* is at the fourth notch, and is accounted four.

1. The first gage is marked thus.



2. The half Sestern lacketh thus.



3. The whole Sestern lacketh thus.



4. The Sestern and half lag.



5. The two Sesters, thus.



6. The two & half Sesters, thus



The contents  
of all manner  
of Gascoine  
Wine, and o-  
thers.

A But of Malmsey, if he be full gadge, is one hundred and twenty six gallons.

And so the Tun is two hundred and fifty two gallons. Every Sesterne is three gallons.

If you sell for twelve pence a gallon, the Tun is twelve pound, twelve shillings.

And Malmsey and Rhenish wine at ten pence the gallon is the tun ten pound.

Eight pence the gallon is the tun eight pounds.

Six pence the gallon is the tun six pounds.

Five pence the gallon is the tun five pounds.

Four pence the gallon is the tun four pounds.

Now for Gascoine wine, there goeth foure Hogheads to a tun, and every Hoghead is sixty three gallons, the two hogheads one hundred twenty six gallons, & foure hogheads are two hundred fifty two gallons; and if you sell for eight pence the gallon, you shall make of the tun eight pounds, and so forth looke how many pence the gallons are, and so many pounds the tun is.

Now for bastard it is the same rate, but it lacketh of gadge two Sesters and a half, or three at a pipe, and then you must abate six gallons of the price, and so in all other wines.

To chuse Gas-  
coine wines.

See that in your choise of Gascoine wines, you observe, that your Claret wines be faire coloured; and bright as a Rubie, not deep as an Amethyst; for though it may shew strength, yet it wanteth neatnesse: also let it be sweet as a Rose or a Violet; and in any case let it be short; for if it be long, then is no case meddle with it.

For your white wines, see they be sweet and pleasant at the nose, very short, clear and bright and quick in the taste.

Lastly, for your red Wine, provided that they be deep coloured and pleasant, long and sweet, and if in them or Claret wines be any default of colour, there are remedies enow to amend and repaire them.

To remedy  
Claret wine  
that hath lost  
his colour.

If your Claret wine be faint, and have lost his colour; then take a fresh Hoghead with his fresh Lees which was very good wine, and draw your wine into the same; then stop it



it close and right, and lay it a foretake for two or three dayes that the Lees may run through it; then lay it up till it be fine, and if the colour be not perfit, draw it into a red wine hogthead, that is new drawn with the Lees, and that will colour of himself, and make him strong; or take a pound of Tourn-soll or two, and beat it with a gallon or two of wine; and let it lye a day or two; then put it into your hogthead, draw your Wine again, and wash your cloths; then lay it a foretake all night, and roule it on the morrow; then lay it up, and it will have a perfit colour.

And if your Clarret wine have lost his colour, take a peny worth of Damsens, or else black bulleses, as you see cause, and stew them with some red wine of the deepest colour, and make thereof a pound or more of sirrup, and put it into a clean glasse, and after into the hogthead of Clarret wine; and the same you may likewise do unto red wine if you please.

And if your white wine be faint, and have lost his colour, if the wine have any strength in it, take to a hogthead so much as you intend to put in, out of the said milk, and a handfull of Rice beaten very well, and a little salt, and lay him a foretake all night, and on the morning lay him up againe, and set it abroach in any wise the next wine you spend, for it will not last long.

A remedy for white wine that hath lost his colour.

Take three Gallons of new milk, and take away the Cream off it; then draw five or six gallons of wine, and put your milk into the hogthead, and beat it exceeding well, then fill it up, but before you fill it up, if you can, roule it, and if it be long and small, take halfe a pound of Roch Allum finely beaten into powder, and put into the vessell, and let it lye.

For white wine that hath lost his colour.

Take and draw it into new lees of the one nature, and then take a dozen of new pippins, and pare them, and take away the cores, and then put them in, and if that will not serve, take a handfull of the Oak of Jerusalem, and stamp it, then put it into your wine, and beat it exceeding well, and it will not only take away the foulness, but also make it have a good sent at the nose.

A remedy for claret that drinks foule.

If your red wine drink faint, then take a hogthead that Al-  
legant hath been in with the lees also, and draw your wine in-

to it, and that will refresh it wel, and make the wine wel coloured, or otherwise draw it close to fresh lees, and that will recover it againe, and put to it three or four gallons of Allegant, and turn it on his lees.

If your red wine lack colour, then take out four gallons, and put in four gallons of Allegant, and turn him on his lees, and the bung up, and his colour will returne and be faire.

Take a good But. of Malmsey, and overdraw it a quarter or more, and fill him up with fat Bastard, and with Cute a gallon and more, then parrel him as you did your Malmsey.

If Offey compleat hath lost his colour.

You shall in all points dresse him, as you did dresse your Sack, or white wine in the like case, and parrel him, and then set him abroach: And thus much touching wines of all sorts, and the true use and ordering of them so far forth as belongeth to the knowledge and profit of our English Housewife.

#### C H A P. V.

*Of Wooll, Hempe, Flaxe and Cloath, and dying of Colours, of each severall substance, with all the knowledges belonging thereto.*

**O**ur English House-wife after her knowledge of preserving and feeding her Family, must learn also hew out of her own indeavours, she ought to cloath them outwardly and inwardly, for defence from the cold and comelineffe to the person; and inwardly, for cleanliness and neatness of the skin whereby it may be kept from the filth of sweat or vermine, the first consisting of woollen cloth, the latter of linnen.

Of making woollen cloth.

To speak then first of the making of woollen cloth, it is the office of a Husbandman at the sheering of his sheep, to bestow upon the House-wife such a competent proportion of wooll, as shall be convenient for the clothing of his family, which Wooll as soon as she hath received it, she shall open, and with a pair of sheeres (the fleece lying as it were whole before her)

she

she shall cut away all the course locks, pitch, brands, tar'd-locks, and other feltrings, and lay them by themselves for course Coverlids, or the like: then the rest so clenfed, she shall break into pieces, & to toafe it every lock by lock, that is, with her hands open, and so divide the wooll, as not any part thereof may be feltred or close together, but all open and loose; then so much of the Wooll as she intends to spin white, shee shall put by it selfe, and the rest which she intends to put into colours she shall waigh up, and divide into severall quantities, according to the proportion of the web which she intends to make, and put every one of them into particular bags made of netting, with tallies or little pieces of wood fixed unto them, with privy marks thereon both for the weight, the colour, and the knowledge of the same wooll when the first colour is altered: this done, she shall if she please send them unto the Diers, to be died after her own fancy; yet for as much as I would not have our English House-wife ignorant in any thing meet for her knowledge, I will shew her here before I proceed any further, how she shall dye her wooll her-self into any colour meet for her use.

First then to dye wooll black, you shall take two pound of To dye wooll  
Gals, and bruiſe them, then take halfe ſo much of the beſt black.  
greene Coperas, and boyl them both together in two gallons  
of running water: then shall you put your wooll therein and  
boyl it, ſo done, take it forth and dry it.

If you will dye your wooll of a bright haire colour: firſt To dye wooll  
boil your wooll in Allum and Water; then take it forth, and  
when it is cold, take Chamber-lye and chimney-ſoot, and  
mixing them together well, boyle your wooll againe therein,  
and ſtirre it exceeding well about, then take it forth, and lay  
it where it may conveniently dry.

If you will dye your wooll into a perfect red colour, ſet on To dye wooll  
a pan full of water, when it is hot put in a peck of wheat bran,  
and let it boyle a little; then put it into a tub, and put twice as  
much cold water unto it, and let it ſtand untill it be a week  
old; having done ſo, then ſhall you put ten pounds of wool  
a pound of Allum, then heate your liquor againe, and put in  
your Allum, and ſo ſoone as it is melted, put in your wooll

and let it boyl the space of an houre : Then take it againe, and then set on more bran and water.

Then take a pound of Madder, and put in your Madder when the liquor is hot: when the Madder is broken put in the *wooll* and open it, and when it commeth to be very hot, then stir it with a staff, and then take it out and wash it with fair water; then set on the pan again with fair water, and then take a pound of Saradine buck, and put it therein, and let it boyl the space of an Egge seething; then put in the *wooll*, and stirre it three or foure times about, and open it well, after dry it.

To dye *wooll* blew.

To dye *wooll* blew, take good store of old chamberlye, and fet it on the fire; then take half a pound of blew Neale, Byse or Indico, and beat it small in a Morter, and then put it into the Lye, and when it seethes put in your *wooll*.

To dye a puke.

To dye *wooll* of a puke colour, take Galles, and beat them very small in a Morter, put them into faire seething water, and boyle your *wooll* or your Cloth therein, and boyle them the space of halfe an houre: then take them up and put in your Coperas into the same Liquor: then put in your *wooll* againe, and doing this once or twice, it will be sufficient.

To dye a sinder colour.

And if you will dye your *wooll* of a Sinder colour, which is a very good colour, you shall put your red *wooll* into your puke liquor; and then it will faile lesse to be of a Sinder colour.

To dye greene or yellow.

If you will dye your *wooll* either green or yellow, then boyle your Woodward in a fair water, then put in your *wooll* or Cloth, and the *wooll* or Cloth, and the *wooll* which you put in white, will be yellow, and that *wooll* which you put in blew will be green, and all this with one liquor: provided that each be first boyled in Allom.

When you have thus dyed your *wooll*, into those severall colours, meet for your purpose, and have also dried it well: then you shall take it forth, and toase it over againe as you did before: for the first toasting was to make it receive the colour or dye: this second is to receive the oyl, and make it fit for spinning; which as soon as you have done, you shall mixe your colours together: wherein you are to note that the best

medly

medly is that which is compounded of two colours only, as a light colour and a dark; for to have more is but confusion, and breeds no pleasure but distraction to the sight: therefore <sup>The mixing of colours.</sup> for the proportion of your mixtures, you shall ever take two parts of the darker colour, and but a third part of the light. As for example, your web contains twelve pound, and the colours are red and green: you shall then take eight pound of the green wooll, and but four pound of the red, and so of any other colours where there is difference in brightness.

But if it be so that you will needs have your cloth of three <sup>Making of three colours.</sup> Colours, as of two darke and one light, or two light and one dark: As thus, you will have Crimson, Yellow, and Puke; you shal take of the Crimson and Yellow of each two pound, and of the Puke eight pound: for this is two light colours to one darke; but if you will take a Puke, a green and an orange tawny, which is two dark, and one light; then you shall take of the Puke and green, and the orange tawny, of each a like quantity; that is to say, of either foure pounds. When you have equally divided your portions, then you shall spread upon the ground a sheet, and upon the same first lay a thin layr or bed of your darker colour, all of one even thickeesse: then upon the same layr, lay another much thinner of the brighter quantity, being so neere as you guesse it, hardly half so much as the darker: then cover it over with another layr of the said colour or colours again; then upon it another of the bright again: And thus lay layr upon layr till all your wooll be spread; then beginning at one end to role up round and hard together the whole bed of wool; and then causing one to kneel hard upon the roul, that it may not stir nor open, with your hands toase and pul out al the wool in smal pieces; And then taking a paire of Stock-cards sharpe and large, and bound fast to a forme, or such like thing, and on the same Combe, and Card over all the Wool til you see it perfectly and undistinctly mixed together, and that indeed it is become one intire colour of divers without spots, or undivided locks or knots; in which doing you shal be very careful and heedful with youre eye; and if you find any hard knot or other felter in the wool, which wil not open, though it be never so small,



small, yet you shall picke it out, and open it, or else being any other fault, cast it away; for it is the greatest Art in House-wifery to mixe these Wools aright, and to make the Cloth without blemish.

Of the oyling  
of wool.

Your wool being thus mixed perfectly together, you shall then oyle it, or as the plain House-wife tearmes it, grease it in this manner: being laid in a round flat bed, you shall take of the best Rape oyle, or for want thereof, either well clarified Goose grease, or Swines grease, and having melted it, with your hand sprinkle it all over your wool, and work it very well into the same; then turne your wool about, and doe as much on the other side, til you have oyled all the wool over, and that there is not a locke which is not moistened with the same.

The quantity  
of oyl.

Now for as much as if you shall put too much oyle upon the wool, you may thereby doe great hurt to the web, and make that the thread wil not draw, but fall into many pieces, you shall therefore be sure at the first to give it little enough; and taking some thereof, prove it upon the wheel; And if you see it drawes dry, and breaketh, then you may put more oyl unto it; but if it draw wel, then to keep it there without any alteration. But because you shall be a little more certaine in the truth of your proportions, you shall know; that three pounds of grease or oyle, will sufficiently annoint or grease ten pounds of wool; and so according to that proportion, you may oyl what quantity you wil.

Of tumming  
wool.

After your wool is oyl'd and annointed thus, you shall then turn it, which is, you shall put it forth as you did before when you mixed it, and card it over againe upon your Stock-cards; and then those cardings which you strike off, are called tummings, which you shall lay by, til it come to spinning. There be some House-wives which oyl it as they mixe it, and sprinkle every layr as they lay it, and work the oyl into it; and then rouling up as before said, pul it out, and rumme it; so that then it goeth but once over the Stock-cards, which is not amisse; yet the other is more certain, though somewhat painfull.

Of spinning  
wool.

After your wool is thus mixed, oyled and tummed, you shall

shall then spinne it upon great Wool-wheeler, according to the order of good *Houswifery* : the action whereof must be got by practise, and not relation; onely this, you shal be careful to draw your thread according to the nature and goodnes of your wool, not according to your particular desire; for if you draw a fine thread from a wool which is of a course staple, it will want substance when it comes to the walk-mil, and either there beat in peeces, or not being able to bed, and cover the threads wel, be a cloth of a very short lasting. So likewise if you draw a course thread from a Wool of a fine Staple, it wil then so much overthick, that you must either take away a great part of the substance of your wool in flocks; or else let the cloth wear course and high, to the disgrace of the good Houswifery, and loss of much cloth, which else might have been saved.

Now for the diversities of spinning, although our ordina- The diversities in spinning.  
ry English Housewife make none at all, but spin every thread alike, yet the better experienc'd make two manner of spinning, and two sorts of thread; the one they call warp, the other weft, or else wooffe; warpe is spun close, round and hard twisted, being strong and wel smoothed, because it runs through the sleies, and also endureth the fretting and beating of the beam; the weft is spun open, loose, hollow, and but half twisted; neither smoothed with the hand, nor made of any great strength, because it onely crosseth the warp, without any violent straining, and by reason of the softness thereof beddeth closer, and covereth the warp so wel, that a very little beating in the Mil bringeth it to perfect cloth: and though some hold it less substantial than the web, which is all of twisted yarn, yet experience finds they are deceived, and that this open weft keeps the cloth longer from fretting and wearing.

After the spinning of your wooll, some Houswives use to winde it from the broch into round clewes for more ease in the warping, but it is a labour may very well be saved, and you may as well wrap it from the broch as from the clew, as long as you know the certain weight, for by that onely you are to be directed in all manner of cloth walking.

Winding of  
woollen yarn.

Of warping  
cloth.

Now as touching the warping of cloth, which is both the skill and action of the Weaver, yet must not our *English Housewife* be ignorant therein, but though the doing of the thing be not proper unto her, yet what is done must not be beyond her knowledge, both to bridle the fallhood of unconscionable Workmen, and for her own satisfaction, when she is rid of the doubt of anothers evill doing. It is necessary then that shee first cast by the weight of her Wooll, to know to how many yards of cloth the Webbe will arise; for if the Wooll be of a reasonable good staple, and well spun, it will run yard and pound, but if it be course, it will not run so much.

Now in your warping also, you must look how many pounds you lay in your warp, and so many you must necessarily preserve for your weft: For Housewives say, the best cloth is made of even and even; for to drive it to greater advantage is hurtfull to the cloth. There be other observations in the warping of cloth; as to number your Portusses, and how many goes to a yard: to look to the closeness and filling of the fleec, and such like, which sometimes hold, and sometimes fail, according to the art of the Workman; and therefore I will not stand much upon them, but refer the Housewife to the instruction of her own experience.

Of weaving  
cloth, walking  
and dressing it.

Now after your cloth is thus warped; and delivered up into the hands of the Weaver, the Housewife hath finisht her labour; for in the weaving, walking, and dressing thereof, she can challenge no property more than to entreat them severally to discharge their duties with a good conscience; that is to say, that the Weaver weave close, strong, and true, that the Walker or Fuller mill it carefully, and look well to his scowring earth, for fear of beating holes into the cloth; and that the Clothworker or Sheer-man burle and dresse it sufficiently, neither cutting the wool too unreasonably high, whereby the cloth may not wear rough, nor too low, lest it appear thred-bare ere it come out of the hands of the Taylor.

These things fore-warn'd and performed, the cloth is then to be used at your pleasure.

Of linen  
cloth.

The next thing to this, which our *English Housewife* must be

be skilful in, is the making of all sorts of Linnen cloth, whether it be of hemp or flax; for from those two onely is the most principal cloth deriv'd, and made, both in this and in other Nations.

And first touching the Soyl fittest to sow Hemp upon, <sup>The ground best to sow hemp on.</sup> it must be a rich mingled earth of Clay and Sand, or Clay and Gravel well tempered: & of these the best serveth best for that purpose; for the simple Clay, or the simple Sand are nothing to good; for the first is too tough, too rich, and too heave, bringeth forth all Bun, and no Rind; the other is too barren, too hot, and too light, and bringeth forth such slender withered increase, that it is nothing near worth the labour. Briefly then the best earth is the mixt ground, which *Husband men* call the red hazel ground, being wel ordered and manured: and of this earth a principal place to sow Hemp on, is in old Stack-yards, or other places kept in the winter time for the laire of sheep or cattle, when your ground is either scarce, or formerly not employed to that purpose; but if it be where the ground is plenty, and onely used thereunto, as in *Holland*, in *Lincolnshire*, the Isle of *Axon*, and such like places, then the custom of the Countrey will make you expert enough therein: There be some that wil preserve the ends of their Corn-lands, which butt upon grass to sow Henip or Flax thereon, and for that purpose will manure it well with sheep: for whereas Corn which butteth on grasse heds, where cattle are teathered, is commonly destroyed, and no profit issuing from a good part thereof; by this meanes, that which is sown will be more safe and plentiful, and that which was destroyed, will beare a commoditie of better value.

Now for the tillage or ordering of the ground where you sow Hemp or Flax, it would in all points be like that where <sup>The tillage of the ground.</sup> you sow Barley, or at the least as often broke up, as you doe when you sow Fallow Wheat, which is thrice at least, except it be some very mellow, and ripe mould, as stack-yards, and usual Hemp-lands be, and then twice breaking up is sufficient: that is to say, about the latter end of *February*, and the latter end of *April*, at which time you shall sow it: and here in

herein it is to be noted, that you must sow it reasonable thick with good sound and perfect seed, of which the smoothest, roundest, and brightest with least dust in is best: you must not lay it too deep in the earth, but you must cover it close, light, and with so a fine mould as you can possible breake with your harrows, clotting-beetles, or sleighting: then til you see it appear above the earth, you must have it exceedingly carefully tended, especially an hour or two before the Sun rise, and as much before its set, from birds and other vermine, wil otherwise pick the seed out of the earth, and so deceive you of your profit.

Of weeding of  
hemp and flax.

Now for the weeding of Hemp, you may save the labour, because it is naturally of it self swift of growth, rough, and venomous to any thing that grows under it, and will sooner of its own accord destroy those unwholsome weeds than by your labour. But for your Flax or Line, which is a great deal more tender, and of harder increase, you shall as occasion serveth weed it, and trim it, especially if the weeds overgrow it, but not otherwise: for if it once get above the weeds, then it wil save it self.

The pulling of  
hemp or flax.

Touching the pulling of Hemp or Flax, which is the manner of gathering of the same; you shall understand that it must be pulled up by the roots, and not cut as Corn is, either with sithe or hook: and the best time for the pulling of the same is, when you see the leaves fall downward, or turne yellow at the tops, for that is ful ripe; and this for the most part wil be in *July*, and about *Mary Mandlins* day. I speak now touching the pulling of hemp for cloth: but if you intend to save any for seed, then you shall save the principal buns, and let them stand til it be the latter end of *August*, or sometimestil mid *September* following: and then seeing the seed turned brown and hard, you may gather it, for if it stand longer, it wil shed suddenly: As for Flax, which ripeneth a little after the hemp, you shall pul it as soon as you see the seed turn brown, and bend the head to the earthward, for it wil afterward ripen of it self as the bun drieth.

Now for the ripening and seasoning of hemp or flax, you shall



shall so soon as you have pulled it, lay it al along flat, and thin upon the ground, for a day and a night at the most, and no more; and then as Houfe-wives call it, tie it up in bailes, and rear them upright till you can conveniently carry it to the water, which would be done as speedily as may be. Now there be some which ripen their Hemp and Flaxe upon the ground where it grew, by letting it lye thereon to receive dewes and rain, and the moystnes of the earth, till it be ripe: but this is a vile and naughry way of ripening, it making the hemp or flax black, rough, and often rotten: therefore I would with none to use it, but such as necessity compelleth thereunto, and then to be carefull to the often turning thereof, for it is the ground only which rots it.

Now for the watering of the Hemp or Flax, the best water is the running streame, and the worst the standing pit, yet because Hemp is a poysonous thing, and infecteth the water, and destroyeth all kind of fish, it is more fit to imploy such pits and ditches as are least subject to annoyance, except you live neer some great broad and swift streame, and then in the shallow parts thereof you may water without danger. Touching the manner of the watering thereof, you shall according to the quantity knock foure or six strong stakes into the bottome of the water, and set them square-wise, then lay your round baits or bundles of Hempe down under the water, the thick end of one bundle one way, and the thick end of another bundle another way; and so lay bait upon bait, till you have laid in all, and that the water covereth them all over; then you shall take over lyers of wood, and binding them overthwart to the stakes, keep the Hemp down close, and especially, at the foure corners; then take great stones, gravell, and other heavy rubbish, and lay it between, and over the over-lyers, and so cover the Hemp close, that is may by no meanes stirre, and so let it continue in the water foure dayes and nights, if it be in a running water, but if it be in a standing water, then longer, and then take out one of the uppermost bailes and wash it; and if in the washing you see the leaf come off, then you may be assured the Hemp is watered enough: as for Flax, lesse time will serve it, and it will shead the leaf in three nights.

The watering  
of hemp or  
flax.

When

Of washing  
out of hemp  
or flax.

When your Hempe or Flax is thus watered enough, you shal take off the gravel, stones, over-lyers of wood, and unloosing it from the stakes, take and wash out every bait or bundle severally by it self, and rub it exceeding clean, leaving not a leafe upon it, nor any filth within it; then set it upon the dry earth upright, that the water may drop from it, which done, load it up, and carry it home; and in some open close, or piece of ground reare it upright either against hedges, pales, wals, back sides of houses, or such like, where it may have the full strength or reflection of the Sun, and being thoroughly dried then house it; yet there be some House-wives which as soon as their Hemp comes from the water, will not rear it upright, but lay it upon the ground flat and thin for the space of a fennight, turning it at the end of every two days, first on the one side, then on the other, and then after rear it upright, dry it, and so house it: and this House-wifery is good and orderly.

Now although I have hitherto joyned Hempe and Flax together, yet you shal understand that there are some particular differences between them; for whereas your Hempe may within a night or two after the pulling be carried to the water, your flaxe may not, but must be reared up, and dried and withered a weeke, or more to ripen the seed, which done, you must take ripple combs, and ripple your flax over, which is the beating or breaking off from the stalks the round belles or bobs which contain the seed, which you must preserve in some dry vessel or place til the spring of the year, and then beat it, or thrash it for your use, and when your flax or line is ripled, then you must send it to the water as aforesaid.

After your Hemp or Flax hath been watered, dried, and housed, you may then at your pleasure breake it, which is in a brake of wood (whose proportion is so ordinary, that every one almost knowes them) then break and beat out the dry bun, or hexe of the Hemp or Flax from the rinde which covers it, and when you brake either, you shall do it, as neer as you can, on a faire dry Sun-shine day, observing to set forth your hemp and Flax, and spread it thin before the Sun, that it may be as dry as tinder before it come to the brake; for if  
either

either in the lying close together it shal give againe or sweat, or through the moistnesse of the ayre, or place where it lies, receives any dampishness, you must necessarily receive it dried sufficiently againe, or else it will never brake well, nor the bun break and fall from the rinde in order as it should.

Therefore, if the weather be not seasonable, and your need much to use your Hemp or Flaxe, you shall then spread it upon your Kilne, and making a soft fire under it, dry it upon the same, and then brake it: yet for as much as this is oft times dangerous, and much hurt hath been received thereby through casualty of fire, I would wish you to stick four stakes in the earth at least five foot above ground, and laying over them small over-layers of wood, and open fleaks or hurdles upon the same; spread your Hemp, and also rear some round about it all, but at one open side; then with straw, small shavings, or other light dry wood make a soft fire under the same, and so dry it, and brake it, and this without all danger or mistrust of evil; and as you brake it, you shall open and look into it, ever beginning to break the root ends first; and when you see the bun is sufficiently crushed, fallen away, or at the most hangeth but in very smal shivers within the Hemp or Flax, then you shal say it is brak't enough, and then terming that which you called a Baite or Bundle before, now a strike, you shal lay them together, and so house them, keeping in your memory either by score or writing, how many strikes of hemp, and how many strikes of Flaxe you brake up every day.

The drying of  
hemp or flax.

Now that your Hemp or Flax may brake so much the better, you must have for each severall fort two severall brakes, which is an open and wide toothed, or nickt brake, and a close and straight toothed brake: the first being to crush the bun, and the latter to beat it forth. Now for Flax, you must take first that which is the straightest for the Hempe, and then after one of purpose, much straighter and sharper, for the bun of it being more small, rough, and thin, must necessarily be broken into much lesse pieces.

Diversity of  
brakes.

After your Hemp and Flax is brak't, you shall then swingle it, which is upon a swingle tree blocke made of an half inch beord.

boord about foure foot above ground, and set upon a strong foot or stock, that will not easily move and stir, as you may see in any House-wives house whatsoever better then my words can expresse: and with a piece of wood called the swingle-tree dagger, and made in the shape and proportion of an old dagger with a reasonable blunt edge; you shall beat out all the loose buns and shivers that hang in the hemp or flaxe, opening and turning it from one end to the other, till you have no bun or shiver to be perceived therein, and then strike a twist, and fould in the midst, which is ever the thickest part of the strike, lay them by til you have swingled al; the general profit whereof, is not only the beating out of the hard bun, but also an opening and softning of the tear, whereby it is prepared and made ready for the Market.

Now after you have swingled your Hemp and Flaxe over once, you shall take and shape up the refuse stuff which you beat from the same severally, and not only it, but the tops and knots, and half brackt bun, which fall from the brake also; and drying them againe, cause them to be very well threshed with flayls, and then mixing them with the refuse which fell from the swingle-tree, dresse them al wel with threshing and shaking, till the buns be clean driven out of them; and then lay them in some safe dry place till occasion of use: these are called swingle-tree hurds, and that which comes from the Hemp will make window-cloth, and such like coarse stuff, and that which comes from the flaxe being a little towed again in a pair of wool-cards, will make a coarse harding.

But to proceed forward in the making of cloth, after your hemp or flaxe hath been swingled once over, which is sufficient for the market, and for ordinary sale, you shall then for cloath swingle it over the second time, and as the first did beat away the bun, and soften the rind, so this shall break and divide, and prepare it fit for the heckle; and hurds which are this second time beaten off, you shall also save: for that of the hemp (being towed in wool-cards) will make a good hempen harding, and that cometh from the flaxe (used in that manner) a flaxe harding better then the former.

After the second swingling of your Hemp, and that the

hurds

hurds thereof have been layd by; you shal take the strikes, and dividing them into dozens, and half dozens, make them up into great thick roles, and then as it were broaching them, or spitting them upon long sticks, set them in the corner of some chimney, where they may receive the heat of the fire, and there let them abide, til they be dried exceedingly, then take them, and laying them in a round trough made for the purpose, so many as may conveniently lye therein, and there with beetles beat them exceedingly, til they handle both without & within as soft and plyant as may be, without any hardness or roughness to be felt or perceived; then take them from the trough, and open the roler, and divide the strikes severally as at the first, and if any be insufficiently beaten, role them up, and beat *Of heckling* them over as before.

When your Hemp hath been twice swingled, dried and beaten, you shal then bring it to the heckle, which instrument needeth no demonstration, because it is hardly unknown to any woman whatsoever: and the first heckle shall be course, open and wide toothed, because it is the first breaker or divider of the same, and the layer of the strikes even and straight: and the hurds which come of this heckling you shal mixewith those of the latter swingling, and it wil make the cloth much better; then you shal heckle it the second time through a good straight heckle made purposely for Hemp, and be sure to break it very wel and sufficiently thereupon, and save both the hurds by themselves, and the strikes by themselves in several places.

Now there be some very principal good House-wives, which use onely but to heckle their hemp once over, affirming, that if it be sufficiently dried and beaten, that once going over through a straight heckle wil serve without more los of labour, having been twice swingled before.

Now if you intend to have an excellent piece of Hempen cloth, which shal equal a piece of very pure Linnen; then after you have beaten it, as before said, and heckled it once over, you shal then roule it up againe, dry it as before, and beat it againe as much as at the first; then heckle it through a fine flaxen heckle, and the Towe which falls from the heckle, wil make a principal hemping, but the teare it self a cloth as pure as fine House-wives Linnen, the indurance and lasting where-  
of



of is rare and wonderful: thus you see the uttermost art in dressing of hemp for each severall purpose in cloth-making till it come to the spinning.

Flaxe after it hath been twice *swingled* needeth neither more drying nor beating as hemp doth, but may be brought to the heckle in the same manner as you did hemp; only the heckle must be much finer and straiter, and as you did before, the first heckle being much courser then the latter, holding the strike stiff in your hand, break in very well upon that heckle: then the hurdes which comes thereof, you shall save to make fine hurden cloth of, and the strike it selfe you shall passe thorow a finer heckle; and the hurds which come from thence, you shall save to make fine midlen cloth of, and the teare it self for the best Linnen.

The dressing of  
flax to the  
finest use.

To dress flax for the finest use that may be, as to make faire Holland cloth of great price, or thread for the most curious purpose, a secret hitherto almost concealed from the best *House-wives* with us; you shall take your flax after it hath been handled, as is before shewed, and laying three strikes together, plat them in a plat of three so hard and close together as is possible, joyning one to the end of another, till you have platted so much as you think convenient, and then begin another plat, and thus plat as many severall plats as you think will make a roule, like unto one of your hemp roubles before spoke of, and then wreathing them hard together, make up the roule; and so many roubles more or lesse, according to the purpose you dresse them for: this done, put the roubles into a hempe-trough, and beat them soundly, rather more then lesse than the hempe: and then open and unplat it, and divide every strike from other very carefully; then heckle it through a finer heckle than any formerly used: for of heckles there be ever three sorts, and this must be the finest: and in this heckling you must be exceeding carefull to do it gently, lightly, and with good deliberation, least what you heckle from it should run to knots, or other hardnesse, as it is apt to doe: but being done artificially as it ought, you shall see it look and feele it handle like fine soft cotton, or Jersey wool; and this which thus looketh and feeleth, and falleth from the heckle, wil notwithstanding make a pure linnen, and run at  
least

least two ydads and a half in the pound; but the teare it selfe  
wil make a perfect strong, and most fine holland, running at  
least five yards in the pound.

After your teare is thus drest, you shal spin it either upon wheel or rock, but the wheel is the swifter way; and the rock maketh the finer thread; you shal draw your thread according to the nature of the tear, and as long as it is even, it cannot be too smal, but if it be uneven, it will never make a durable Cloath. Now for as much as every House-wife is not able to spin her own teare in her own house, you shal make choice of the best Spinners you can hear of, and to them put forth your teare to spin, weighing it before it go, and weighing it after it is spun and dry, allowing weight for weight, or an ounce and a halfe for waste at the most: as for the prizes for spinning, they are according to the natures of the Countrey, the finenesse of the teare, and the dearnesse of provisions: some spinning by the pound, some by the lay, and some by the day, as the bargain shal be made.

After your yarn is spun upon spindles, spools, or such like, Of reeling of  
you shal then reel it upon reeles, of which the reels which are yarn.  
hardly two foot in length, and have but onely two contrary  
croffe bars at the best, the most easie and lesse to be troubled  
with ravelling, and in the weaving of your fine yarn to keep it  
the better from ravelling, you shal as you reele it, with a Ley-  
band of a big twist, divide the slipping or skeane into divers  
Leyes, allowing to every Ley eighty threads, and twenty  
Leyes to every slipping, the yarne being very fine, otherwife  
lesse of both kinds; but if you spin by the Ley, as at a pound  
of Ley or so, then the ancient custome hath been to allow to  
the reele which was eight yards al above 160 threads to every  
Ley, and 25. Leyes, and sometimes 30. Leys to a slipping;  
which will ordinarily amount to a pound or thereabouts; and  
so by that you may proportion forth the price for any man-  
ner of spinning whatsoever; for if the best thus, then the se-  
cond so much bated; and so accordingly the worst.

After thus your yarn is spun and reeld, being in the slipping, you shal scowr it: Therefore, first to fetch out the spots, you shal lay it in lukewarm water, and let it lye so three or foure

four dayes, each day shifting it once, and wringing it out, and laying it in another water of the same nature; then carry it to a well or brook, and there rinse it, til you see that nothing commeth from it, but pure clean water; for whilest there is any filth within it, there will never be white cloth; which done, take a bucking tub, and cover the bottome thereof with very fine Ashen-ashes: then opening your slippings, and spreading them, lay them on those Ashes; then cover those slippings with ashes againe, then lay in more slippings, and cover them with ashes as before, and thus lay one upon another, til al your yarn be laid in; then cover the uppermost yarne with a buckingcloth, and lay therein a peck or two (according to the bignesse of the tub) of ashes more: then powre into al through the uppermost cloth so much warme water, til the tub can receive no more; and so let it stand al night: the next morning you shal set a Kettle of clean water on the fire; and when it is warme, you shal pul out the spigget of the bucking tub, and let the water therein run into another clean vessel; and as the bucking tub wasteth, so you shall fil it up againe with the warm water on the fire, and as the water on the fire wasteth, so you shal fil it up againe with the lie which commeth from the bucking tub, ever observing to make the lie hotter and hotter til it seeth; and then when it so seetheth, you shal as before apply it with boyling lie, at least foure houres together, which is called, the driving of a buck of yarn: All which being done, you shal take off the Bucking cloth, and then putting the yarne with the Lie-ashes into large Tubs or Boles, with your hands as hot as you can suffer it to posse, and labour the yarne, ashes, and Lie, a pretty while together; then carry it to a Well, River, or other cleane scouring water, and there rinse it as cleane as may be from the ashes; then take it, and hang it up upon poles abroad in the ayre all day, and at night take the slippings down, and lay them in water al night; then the next day hang them up againe, and if any part of them dry, then cast water upon them, observing ever to turn that side outmost which whiteth floweth, and thus doe at least seven dayes together, then put al the yarn againe into a Bucking-Tub without ashes: and cover

Whirling of  
yarn.

it as before with a Bucking-cloth and lay thereupon good store of fresh ashes, and drive that buck as you did before, with very strong seething Lies, the space of half a day or more; then take it forth, posse it, rinse it, and hang it up as you did before on the days, and laying it in water on the nights another week, and then wash it over in fair water, and so dry it up.

Other wayes there are of scouring and whiting of yarn; as steeping it in bran and warme water, and then boyling it with *Oxier* sticks, wheat straw, water, and ashes, and then posling, rinsing, and bleaching it upon hedges, or bushes; but but it is a foule and uncertaine way, and I would not wish any good *Hause-wife* to use it.

After your yarne is scoured and whited, you shall then wind it up into round balls of a reasonable bignesse, rather without bottomes then with any at all, because it may deceive you in the waight, for according to the pounds will arise your yards and lengths of cloth.

After your yarn is wound and weighed, you shall carry it to the Weavers, and warp it as was before shewed for woollen cloth, knowing this, that if your Weaver be honest and skillfull, he will make you good and perfect cloth of even and even, that is just the same weight in weft that there was in warp: as for the action of weaving it self, it is the work-mans occupation, and therefore to him I refer it.

After your cloth is woven, and the Web or Webs come home, you shall first lay it to steep in all points as you did your yarn, to fetch out the soyling and other filth which is gathered from the Weaver; then rinse it also as you did your yarn, then buck it also in lie and ashes, as before said, and rinse it, and then having loops fixt to the selvedge of the cloth, spread it upon the grais and stake it down at the uttermost length and breadth, and as fast as it dries water it again, but take heed you wet it not too much, for fear you mildew or rot it; neither cast water upon it, till you see it in a manner dry, and be sure weekly to turn it first on one side, and then on the other, and at the end of the first week you shall buck it as before in Lie and Ashes: Again then rinse it, spread it, and water it as before; then if you see it whiter apace, you need not to give it any more bucks with

The scouring  
and whiting of  
cloth.

the ashes and the cloth mixt together; but then a couple of clean bucks (as was before shewed in the yarn) the next fortnight following; and then being whitened enough, dry up the cloth, and use it as occasion shall require; the best season for the same whitening being *April* and *May*. Now the course and worst house-wives scour and white their cloth with Water and bran, and buck it with lie and green hemlocks: but as before I said, it is not good, neither would I have it put in practise. And thus much for wool, hemp, flax, and cloth of each severall substance.

### CHAP. 6.

*Of Dairies, Butter, Cheese, and the necessary things belonging to that Office.*

**T**Here followeth now in this place after these knowledges already rehearsed, the ordering and Government of Dairies, with the profits and commodities belonging to the same. And first touching the stock wherewith to furnish Dairies, it is to be understood, that they must be Kine of the best choice and breed, that our *English House-wife* can possibly attain unto, as of big bone, fair shape, right bred, and deep of milk, gentle and kindly.

Bigness of  
Kine.

Touching the bigness of bone, the larger that every Cow is, the better she is: for when either age, or mischance shall disable her for the paille, being of large bone she may be fed, and made fit for the shambles, and so no loss, but profit, and any other to the paille as good and sufficient as her self.

For her shape, it must a little differ from the Butchers rules; for being chose for the Dairy, she must have all the signes of plenty of milk; as a crumpled horn, a thin-neck, a hairy dew-lap, and a very large udder, with four teates, long thicke, and sharpe at the ends; for the most part either all white, of what colour soever the Cow be; or at least the fore part thereof, and if it be well hair'd before and behind, and smooth in the bottom, it is a good signe.

The breed of  
Kine.

As touching the right breed of Kine through our nation,

it



it generally affordeth very good ones, yet some Countries do far exceed other Countries, as *Cheshire*, *Lancashire*, *Tork-shire*, and *Darby-shire*, for black Kine; *Glostershire*, *Somersetshire*, and some part of *Wiltshire*, for red Kine, & *Lincolneshire* for pike Kine: and from the breeds of these Countries generally doe proceed the breeds of all other, howsoever dispersed over the whole Kingdom. Now for our Housewifes direction, shee shal chuse her Dairy from any of the best breeds before named, according as her opinion and delight shall governe her, onely observing not to mixe her breeds of divers kinds, but to have al of one intire choice without variation, because it is unprofitable; neither must you by any means have your Bull a forreiner from your Kine, but either of one countrey, or of one shape and colour: againe in the choice of your Kine, you must look diligently to the goodnes & fertility of the soil where in you live, and by all means buy no Kine from a place that is more fruitfull then your own, but rather harder; for the latter will prosper and come on, the other will decay and fall into disease; as the pissing of blood, and such like, for which disease and all other you may find assured cures in the former book, called *Cheape and Good*.

For the depth of milk in Kine (which is the giving of most milk) being the maine of a *Housewifes* profit, she shall be very carefull to have that quality in her beasts. Now those Kine are said to be deepest of milk, which are new hare; that is, which have but lately calved, and have their milke deepe springing in their udders, for at that she giveth the most milk; and if the quantity then be not convenient, doubtles the Cow cannot be said to be of deep milch: and for the quantity of milk, for a Cow to give two Gallons at a meal, is rare and extraordinary; to give a Gallon and a half is much and convenient, and to give but a Gallon certain is not to be found fault with: againe, those Kine are said to be deep of milk, which though they give not so exceeding much milk as others, yet they give a reasonable quantity, and give it long, as all the yeere through, whereas other Kine that give more in quantity, will goe dry, being with Calse some three moneths, some two, and some one, but these will give their usuall

Depth of milk  
in Kine.

Of the going  
dry of Kine.

usuall measure even the night before they calve; and therefore are said to be Kine deep of milk. Now for the retained opinion, that the Cow which goeth not dry at all, or very little bringeth not forth so good a Calfe as the other, because it wanteth much of the nourishment it should enjoy, it is vain and frivolous; for should the substance from whence the milk proceedeth convert to the other intended nourishment, it would be so superabundant, that it would convert either to discase or putrefaction; but letting these secret reasons passe, there be some Kine which are so exceedingly full of milke, that they must be milke at least thrice a day, at morning, noon, and evening, or else they will shed their milk; but it is a fault rather then a vertue, and proceedeth more from a laxativenesse or looseness of milk, then from any abundance; for I never saw those three meales yet equall the two meales of a good Cow; and therefore they are not truly called deep of milk.

Touching the gentleness of Kine, it is a vertue as fit to be expected as any other; for if she be not affable to the Maid, gentle and willing to come to the pail, and patient to have her dugs drawn without skittishnesse, striking or wildnesse, she is utterly unfit for the dairy.

Of kindnesse  
in Kine.

As a Cow must be gentle to her milker, so she must be kind in her own nature; that is, apt to conceive, and bring forth; fruitfull to nourish, and loving to that which springs from her; for so she bringeth forth a double profit; the one for the time present, which is in the Dairy, the other for the time to come, which is in the maintenance of the stock, and upholding of breed.

The best time  
to calve in for  
the dairy or  
breed.

The best time for a Cow to Calve in for the dairy, is in the latter end of *March* and all *April*; for then grafs beginning to spring to its perfect goodnesse, will occasion the greatest increase of milk that may be; and one good early Cow will countervail two latter, yet the Calves thus calved are not to be reared, but suffered to feed upon their Dams best milk, and then to be sold to the Butchers, and surely the profit will equall the charge; but those Calves which fall in *October*, *November*, or any time of the depth of winter may well be

reared

reared up for breed, because the main profit of the Dairy is then spent, and such breed will hold up any Calves which are calved in the prime dayes, for they generally are subject to the disease of the Sturdy, which is dangerous and mortall.

The housewife which onely hath respect to her dairy, and Rearing of for whose knowledge this discourse is written (for we have Calves, shewed the Grasier his office in the English Husbandman.) must reare her calves upon the finger with stoten milke, and not suffer them to run with the Dams, the generall manner whereof, and the cure of all the diseases incident to them and all other cattell is fully declared in the book called *Cheap and good*.

To proceed then to the generall use of Dairie, it consisteth first in the cattell (of which we have spoken sufficiently) then in the houres of milking, the ordering of the milk, and the profits arising from the same. The best and most commended houres for milking, are indeed but two in the day; that in the Spring and Summer time which is the best season for the Dairy, is betwixt five & six in the morning, and six and seven a clock in the evening: and although nice and curious Housewives will have a third houre betwixt them, as between twelve and one in the afternoone, yet the better experience do not allow it, and say as I believe, that two good meals of milk are better ever than three bad ones; also in the milking of a Cow, the woman must sit on the neer side of the Cow, she must gently at the first handle and stretch her dugs, and moisten them with milk that they may yeeld out the milk the better and with lesse pain: she shall not settle her selfe to milk, not fixe her paille firm to the ground till she see the Cow stand sure and firm, but be ready upon any motion of the Cow to save her payle from overturning: when she seeth all things answerable to her desire, she shall then milk the Cow boldly, and not leave stretching and straining of her teates, till not one drop of milk more wil comie from them; for the worst point of Housewifery that can be, is to leave a Cow halfe milke; for besides the losse of the milk, it is the only way to make a Cow dry, and utterly unprofitable for the Dairy: the Milkmaid whilest she is in milking, shall doe nothing rashly or suddenly.

The general use of dairies.

The houses of milking.

suddenly about the Cow, which may fright or amaze her, but as she came gently, so with all gentlenesse she shall depart.

Ordering of  
milk.

Touching the well ordering of milk after it is come home to the Dairy, the main point belongeth thereunto is the Housewives cleanness in the sweet and neat keeping of the Dairy-house, where not the least moat of any filth may by any meanes appeare, but all things either to the eye or nose so void of sowrenesse or sturtishnes that a Princes bed-chamber must not exceed it: to this must be added the sweet and delicate keeping of her milk vessels, whether they be of wood earth or lead, the best as yet is disputable with the best House-wife; only this opinion is generally received, that the wooden vessel, which is round and shallow is best in cold vault, the earthen vessels principall for long keeping, and the leaden vessel for yeelding of much Cream: but howsoever, any and all these must be carefully soiled once a day, and set in the open ayre to sweeten, lest getting any taint of fowrenesse into them, they corrupt the milk that shall be put therein.

Syiling of  
Milk.

But to proceed to my purpose, after your milk is come home, you shall as it were strain it from all unclean things, through a neat and sweet kept Syledish, the form whereof every House-wife knowes; and the bottome of this Syle, through which the milk must passe, must be covered with a very clean washt fine linnen cloath, such an one as will not suffer the least more or haire to goe through it: you shall into every vessel syle a pretty quantity of milk, according to the proportion of the vessel, the broader it is, the shallower it is, and the better it is, and yeeldeth ever the most cream, and keepeth the milk longest from sowing.

Profits arising  
from milk.

Now for the profit arising from milk, they are three of especiall account, as Butter, Cheefe, and Milk, to be eaten simple or compounded: as for Curds, sower Milk, or Wigge, they come from secondary meanes, and therefore may not be numbred with these.

Of Butter.

For your Butter, which onely proceedeth from the Cream, which is the very heart and strength of Milk, it must be gathered very carefully, diligently, and painfully: And though  
cleanli

cleanlinesse be such an ornament to a House-wife; that if she want any part thereof, she loseth both that and al good names else: yet in this action it must be more seriously employed then in any other.

To begin then with the fleeting or gathering of your *Of fleeting*  
Creame from the Milke, you shall doe in this manner: The *creame.*  
Milk which you doe milke in the morning you shall with a fine thin shallow dish, made for the purpose, take off the cream about five of the clock in the evening; and the Milk which you did milke in the evening, you shall fleet and take off the Creame about five of the clock the next morning; and the Cream so taken off, you shall put into a clean sweet and well leaded earthen pot close covered, and set in a close place: and this Cream so gathered you shall not keep above two dayes in the Summer, and not above foure in the Winter, if you will *Of keeping*  
have the sweetest and best butter, and that your Dairy containe *creame.*  
five Kine or more; but how many or few soever you keep, you shall not by any means preserve your Cream above three dayes in Summer, and not above six in the Winter.

Your Creame being neatly and sweet kept, you shall churme *Of churning*  
or churme it on those usual dayes which are fittest either for *butter, and the*  
your use in the house, or the markets adjoining neer unto you, *dayes.*  
according to the purpose for which you keep your Dairy. Now the dayes most accustomable held amongst ordinary Housewives, are Tuesday and Friday: Tuesday in the afternoon, to serve Wednesday morning market, and Friday morning to serve Saturday-market; for Wednesday and Saturday are the most generall market dayes of this Kingdome, and Wednesday, Friday, and Satterday, the usuall fasting dayes of the weeke, and so meetest for the use of Butter. Now for churning, take your creame, and through a strong and cleane cloth straine it into the churm; and then covering the churm close, and setting it in a place fit for the action in which you are employed (as in the summer) in the coolest place of your Dairy, and exceeding early in the morning, or very late in the evening: And in the Winter, in the warmest place of your dairy, and in the most temperate houres, as about noone, or a little before or after, and so churm it with swift



twice strokes, marking the noise of the same, which will be solid, heavy, and entire, until you hear it alter, and the sound is light, sharp, and more spirity; and then you shall say that your butter breaks, which perceived both by this sound, the lightness of the churn staffe, and the sparkes and drops which will appeare yellow about the lip of the churn; then cleanse with your hand both the liddle and inward side of the churn, and having put all together, you shall cover the churn again, and then with easie strokes round and not to the bottom, gather the butter together into one entire lump and body, leaving no peeces thereof several or unjoyned.

Helps in churning.  
vi. g.

Now forasmuch as there be many mischiefs & inconveniences which may happen to butter in the churning, because it is a body of much tendernes, and neither will endure much heat nor much cold; for if it be over-heated, it will look white, crumble, and be bitter in tast; and if it be over-cold, it will not come at all, but make you waste much labour in vain, which faults to help, if you churn your butter in the heat of summer, it shall not be amisse, if during the time of your churning, you place your churn in a pail of cold water, as deep as your Cream riseth in the churn, and in the churning thereof let your strokes go slow, and be sure that your churn be cold when you put in your cream: but if you churn in the coldest time of winter, you shall then put in your cream before the churning be cold; after it hath been scalded, you shall place it within the air of the fire, & churn it with as swift strokes, and as fast as may be, for the much labouring of it will keep it in a continual warmth, and thus you shall have your butter good, sweet, and according to your wish. After your butter is churn'd, or churn'd and gathered well together in your churn, you shall then open your churn, and with both your hands gather it well together, and take it from the butter milk, and put it into a very clean bowl of wood, or pantheon of earth sweetned for the purpose, and if you intend to spend the butter sweet and fresh, you shall have your bowl or pantheon filled with very clean water, and therein with your hand you shall work the butter, turning and tossing it

The handling  
of butter.

too and fro, til you have by that labour beaten and washt out all the butter milk, and brought the butter to a firm substance of it self, without any other moisture; which done, you shall take the butter from the water, and with the point of a knife scotch and slash the butter over and over every way, as thick as is possible, leaving no part through which your knife must not pass; for this will cleanse and fetch out the smallest haire or mote, or rag of a strainer, and any other thing which by casual means may happen to fall into it.

After this you shall spread the butter in a bowlthin, and take so much salt as you shall think convenient, which must by no means be much for sweet butter, and sprinkle it thereupon; then with your hands work the butter and the salt exceedingly well together, and then make it up either into dishes, pounds, or half pounds at your pleasure.

If during the moneth of *May* before you salt your butter you save a lump thereof, and put it into a vessel, and so set it into the sun the space of that moneth, you shall find it exceeding sovereign and medicinable for wounds, strains, aches, and such like grievances.

Of May-butter.

Touching the powdring up, or pottng of butter, you shall by no means, as in fresh butter, wash the butter milk out with water, but onely work it clear out with your hands: for water will make the butter rusty, or reese: this done, you shall weigh your butter, and know how many pounds there is thereof: for should you weigh it after it were salted, you would be deceived in the weight: which done, you shall open the butter, and salt it very well and thoroughly, beating it in with your hand till it be generally disperst through the whole butter; then take clean earthen pets, exceedingly well leaded, lest the brine should leak through the same, and cast salt into the bottome of it: then lay in your butter, and presse it downe hard within the same; and when your pot is filled, then cover the top thereof with salt so as no butter be seen: then closing up the pot let it stand where it may be cold and safe: but if your Dairy be so little that you cannot at first fill up the pot, you shall then when you have potted up so much as you have, cover it all over with salt, and pot the next quantity upon it till the pot be full.

Now

Now there be Housewives whose Daires being great, can by no meanes conveniently have their butter contained in pots, as in *Holland, Suffolk, Norfolk*, and such like, and therefore are first to take barrells very close and well made; and after they have salted it wel, they fill their barrells therewith; then they take a small stick, clean, and sweet, and therewith make divers holes down through the butter, even to the bottom of the barrel; and then make a strong brine of water and salt which will bear an egge, and after it is boyl'd, wel skimmed and cool'd, then powr it upon the top of the butter, till it swim above the same, and so let it settle. Some use to boyl in this brine a branch or two of *Rosemary*, and it is not amisse, but pleasant and wholesome.

When to pot  
butter.

Now although you may at any time betwixt *May* and *September* pot up butter, observing to doe it in the coolest time of the morning; yet the most principal season of all is in the moneth of *May* onely; for then the air is most temperate, and the butter will take salt the best, and the least subject to reeing.

The best use of butter milk for the ablest Housewife is charitably to bestow it on the poor Neighbours, whose wants do dayly cry out for sustenance: and no doubt but she shall finde the profit thereof in a divine place, as wel as in her earthly business. But if her own wants command her to use it for her own good, then she shall of her butter milk make curds, in this manner: she shall take her butter milk and put it into a clean earthen vessel, which is much larger than to receive the butter milk only; and looking unto the quantity thereof, she shall take as it were a third part so much new milk, and set it on the fire, and when it is ready to rise, take it off, and let it cool a little; then powr it into the butter milk in the same manner as you would make a posset, and having stirred it about, let it stand; then with a fine skimmer, when you will use the curds (for the longer it stands, the better the curds will eat), take them up into a cullander, and let the whey drop wel from it, and then eat them either with *Cream*, *Ale*, *Wine*, or *Beer*: as for the Whey, you may keep it also in a sweet stone vessel: for it is that which is called *Whig*.

and

and is an excellent cool drink, and wholsom, and may very wel be drunk a summer through, in stead of any other drink, and without doubt wil slake the thirst of any labouring man as wel, if not better.

The next main profit which ariseth from the Dairy, is Of cheefe. Cheefe, of which there be divers kinds, as new milk, or morrow milk Cheefe, Nettle-cheefe, Floaten-milk-cheefe, and Eddish, or After-math-cheefe, all which have their several orderings and compositions, as you shall perceive by the discourse following. Yet before I do beginne to speak of the making of the Cheefe, I wil shew you how to order your Cheef-lep-bag or Runnet, which is the most principal thing wherewith your Cheefe is compounded, and giveth the perfect tast unto the same.

The Cheef-lep bag, or Runnet, is the *Stomack bag* of a Of the Cheef-lep-bag or Runnet.  
young sucking Calf, which never tasted other food than milk, where the curd lyeth undigested. Of these bags, you shall in the beginning of the year provide your self good store, and first open the bag, and powre out into a clean vessel the curd and thick substance thereof; but the rest which is not curdled you shall put away: then open the curd and pick out of it all manner of moates, chiers of grass, or other filth gotten into the same: then wash the curd in so many cold waters; til it be as white and clean from all sorts of moats as is possible; then lay it on a clean cloath that the water may draine from it, which done, lay it in another dry vessel; then take a handful or two of salt, and rub the curd therewith exceedingly, then take your bag and wash it also in divers cold waters til it be very clean, and then put the curd and the salt up into the bag, the bag being also wel rub'd within with salt; and so put it up, and salt the outside also over, and then close up the pot close, and so keep them a full year before you use them. For touching the hanging of them up in chimney corners (as course Houlewifes doe) it is sluttish, naught, and unwholsome, and the spending of your Runnet whilst it is new, makes your Cheefe heavy and prove hollow.

When your Runnet or Earning is fit to be used, you shall season

season it after this manner ; you shall take the bag you intend to use, and opening it, put the curd into a stone mortar or a bowle, and with a wooden pebble, or a rolling pin beat it exceedingly ; then put to it the yolks of two or three eggs, and half a pint of the thickest and sweetest cream you can fleet from your milk, with a penny worth of Saffron finely dried and beaten to powder, together with a little Cloves and Mace, and stir them all passing wel together, til they appear but as one substance, and then put it up in the bag again : then you shall make a very strong brine of water and salt, and in the same you shall boyl a handfull of Saxifrage, and then when it is cold clear it into a clean earthen vessel : then take out of the bag halfa dozen spoonfulls of the former curd and mixe it with the brine ; then closing the bag up again close, hang it with the brine, and in any case also steep in your brine a few Walnut-tree leaves, and so keep your Runnet a fortnight after before you use it ; and in this manner dresse all your bags so, as you may ever have one ready after another, and the youngest a fortnight old ever at the least ; for that will make the earning quick and sharp, so that four spoonfulls thereof will suffice for the gathering and seasoning of at least twelve Gallons of milk, and this is the choycest and best earning which can possibly be made by any Housewife.

To make a new milk or morning milk cheefe, which is the best cheefe made ordinarily in our Kingdom ; you shall take your milk early in the morning as it comes from the Cow, and fyle it into a clean tub ; then take all the Creame also from the milk you milk'd the evening before, and straine it into your new-milk : then take a pretty quantity of clean water, and having made it scalding hot, powr it into the milk also to scald the cream and it together ; then let it stand, and cool it with a dish til it be no more than luke-warm ; then goe to the pot where your earning bags hang, and draw from thence so much of the earning without stirring of the bag, as will serve for your proportion of milk, and strain it therein very carefully ; for if the least mote of the curd of the earning fall into the cheefe, it will make the cheefe rot and  
mould ;



mould; when your earning is put in, you shall cover the milk, and so let it stand half an hour or thereabout; for if the earning be good it will come in that space; but if you see it doth not, then you shall put in more: being come, you shall with a dish in your hand break and mash the curd together, pösing and turning it diversly: which done, with the flat palmes of your hands very gently presse the curd downe into the bottome of the Tub; then with a thin dish take the whey from it as cleane as you can, and so having prepared your Cheese-fat answerable to the proportion of your curd with both your hands joyned together, put your curd therein and break it, and presse it down hard into the fat til you have fild it; then lay upon the top of the curd your hard cheese-board, and a little small weight thereupon, that the whey may drop from it into the under vessel; when it hath done dropping, take a large Cheese-cloth, and having wet it in the cold water, lay it on the Cheese-boord, and then turn the Cheese upon it; then lay the cloth into the Cheese-fat, and so put the Cheese therein again, and with a thinne slice thrust the same down close on every side: then laying the cloth also over the top to lay on the Cheese-boord, and so carry it to your great presse, and there presse it under a sufficient weight: after it hath been there prest half an hour, you shall take it, and turn it into a dry cloth, and put it into the presse againe, and thus you shall turne it into dry cloths at least five or six times in the first day, and ever put it under the presse again, not taking it therefrom till the next day in the evening at soonest, and the last time it is turned, you shall turne it into the dry fat without any cloth at all.

When it is prest sufficiently, and taken from the fat, you shall then lay it in a Kimmel, and rub it first on the one side, and then on the other with salt, and so let it lie all that night; then the next morning you shall doe the like again, and so turn it out upon the brine, which comes from the salt two or three daies more, according to the bignesse of the Cheese, and then lay it upon a fair table or shelf to dry, forgetting not every day once to rub it all over with a cleane cloth, and

and then to turn it till such time that it be thoroughly dry, and fit to goe into the Cheefe-heck : and in this manner of drying you must observe to lay it first where it may dry hastily, and after where it may dry at more leasure : thus may you make the best and most principal Cheefe.

A cheefe of  
two meals.

Now if you wil make Cheefe of two meales, as your mornings new milk, and the evenings Cream milk, all you shall doe, is but the same formerly rehearsed. And if you wil make a simple morrow milk Cheefe, which is all of new milk and nothing else, you shall then doe as is before declared, onely you shall put in your earning so soon as the milk is sild (if it have any warmth in't) and not scald it : but if the warmth be lost, you shall put it into a kettle and give it the air of the fire.

Of Nettle  
cheefe.

If you wil have a very dainty nettle Cheefe, which is the finest summer cheefe which can be eaten, you shall doe in all things as was formerly taught in the new milk cheefe compound : Onely you shall put the curd into a very thin Cheef-fat, not above half an inch, or a little better deep at the most, and then when you come to dry them as soon as it is drained from the brine, you shall lay it upon fresh nettles, and cover it all over with the same ; and so lying where they may feel the air, let them ripen therein, observing to renew your nettles once in two dayes, and every time you renew them, to turn the Cheefe or Cheeses, and to gather your nettles as much without stalkes as may be, and to make the bed both under and aloft as smooth as may be, for the more even and fewer wrinkles that your cheefe hath, the more dainty is your Housewife accounted.

Of floaten  
milk cheefe.

If you wil make floaten milk cheefe, which is the courtest of all cheeses, you shall take some of the milk and heat it upon the fire to warm all the rest ; but if it be sown that you dare not adventure the warming of it for fear of breaking, then you shall heat water, and with it warm it ; then put in your earning as before shewed, and gather it, press it, salt it, and dry it as you did all other Cheeses.

Of eddish  
cheefe.

Touching your Eddish Cheefe, or Winter Cheefe, there is not any difference betwixt it and your summer cheefe touch-  
ing

ing the making thereof onely, because the season of the year denieth a kindly drying or hardning thereof, it differeth much in taste, and will be soft alwaies; and of these eddish Cheeses you may make as many kindes as of Summer Cheeses, as of one meale, two meales, or of milk that is floaten.

When you have made your Cheese, you shall then have care of the Whey, whose general use differeth not from that of Butter-milk, for either you shall preserve it to bestow on the poor, because it is a good drink for the labouring man, or keep it to make curds out of it, or lastly to nourish and bring up your Swine.

If you will make curds of your best Whey, you shall set it upon the fire, and being ready to boyl, you shall put into it a pretty quantity of Butter-milk, and then as you see the Curds arising up to the top of the Whey, with a skummer skim them off, and put them into a Cullender, and then put in more Butter-milk, and thus doe whilst you can see any Curds arise; then the Whey being drained clean from them, put them into a clean vessel, and so serve them forth as occasion shall serve. Of whey curds.

#### CHAP. 7.

*The Office of the Malt, and the severall secrets, and knowledges belonging to the making of Malt.*

**I**T is most requisite and fit that our *Houswife* be experienced and wel practised in the wel making of Malt, both for the necessary and continuall use thereof, as also for the generall profit which accreweth and ariseth to the *Husband*, *Houswife*, and the whole Family; for as from it is made the drink by which the Household is nourished and sustained, so to the fruitfull Husband-man (who is the master of rich ground, and much tillage) it is an excellent merchandize, and a commodity of so great trade, that not alone especial Towns and Countreies are maintained thereby, but also the whole Kingdom, and divers others of our neighbouring Na-

tions. This office or place of knowledge belongeth particularly to the House-wife; and though we have many excellent Men-malsters, yet it is properly the work and care of the woman, for it is a house-work, and done altogether within dores, where generally lyeth her charge; the man only ought to bring in, and to provide the grain, and excuse from her portage or too heavy burthens, but for the Art of making the Malt, and the severall labours appertaining to the same, even from the Fat to the Kiln, it is only the work of the House-wife, and the Maid-servants to her appertaining.

To begin then with the first knowledge of our Malster, it consisteth in the election and choise of grain fit to make Malt on, of which there are indeed truly but two kinds, that is to say, Barley, which is of all other the most excellent for this purpose; and Oates, which when Barley is scant or wanting, maketh also a good and sufficient Malt: and though the drink which is drawn from it, be neither so much in the quantity, so strong in the substance, nor yet so pleasant in the taste; yet is the drink very good and tolerable, and nourishing enough for any reasonable creature. Now I do not deny, but there may be made Malt of *Wheat, Pease, Lupins, Fitches*, and such like, yet it is with us of no retained custom, nor is the drink simply drawn or extracted from those grains, either wholesome or pleasant, but strong and fulsome: therefore I think it not fit to spend any time in treating of the same. To speak then of the election of Barly, you shal understand that there be divers kinds thereof, according to the alteration of soyles, some being big, some little, some empty, some full, some white, some brown, and some yellow; but I will reduce all these into three kinds, that is, into the Clay-barley, the Sandy-Barly, and the Barly which groweth on the mixt soyl. Now the best Barly to make Malt on, both for yeelding the greatest quantity of matter, and making the strongest, best, and most wholesome drink, is the Clay Barley wel dressed, being clean Corne of it selfe, without weed or Oates, white of colour, full in substance, and sweet in taste: that which groweth on the mixt grounds is the next; for though it be subject to some,

some Oates and some Weeds: yet being painfully and carefully drest, it is a fair and boll'd Corn, great and full; and though somewhat browner then the former, yet it is of a fair and clean complexion. The last and worst grain for this purpose is the Sand Barly, for although it be seldome or never mixt with Oates, yet if the tillage be not painfully and cunningly handled, it is much subject to weeds of divers kinds, as tares, setches, and such like, which drink up the liquor in the brewing, and make the yeeld or quantity thereof very little and unprofitable: besides the grain naturally of it self hath a yellow, withered, empty husk, thick, and unfurnished of meal, so that the drink drawn from it, can neither be so much, so strong, so good, nor so pleasant; so that to conclude, the clean Clay Barley is best for profit in the sale-drink, for strength and long lasting.

The barley in the mixt grounds will serve well for households and families: and the sandy barley for the poor, and in such places where better is not to be gotten. And these are to be known of every *Husband* or *House-wife*: the first by his whiteness, greatness, and fullness: the second by his brownness, and the third by his yellowness, with a dark brown nether end, and the emptiness, and thickness of the husk (and in this election of barley) you shall note that if you find in any wild oat, it is a sign of rich clay ground, but ill husbanded, yet the malt made thereof is not much amiss; for both the wild oat and the perfect oat give a pleasant sharp relish to the drink, if the quantity be not too much, which is evermore to be respected. And to conclude this matter of election, great care must be had of both *Husband* and *House-wife*, that the barley chosen for malt, be exceeding sweet, both in smell and taste, and very clean drest: for any corruption maketh the malt loathsome, and the foul dressing affordeth much loss.

After the skillfull election of grain for malt, the *Housewife* is to look to the situation, goodness and apt accomodation of the Malt-house; for in that consisteth both much of the skill, and much of the profit: for the generall situation of the house it would (as near as can be) stand upon firm dry ground, having prospect every way, with open windows and lights to let in the

Of the Malt-house, and the situation.



Wind, Sun and Ayr, which way the Master pleaseth, both to cool and comfort the grain at pleasure, and also close-shuts, or draw-windowes to keep out the Frosts and Storms, which are the only lets and hinderances for making the malt good and perfect: for the model or form of these houses, some are made round, with a court in the middle, some long, and some square, but the round is the best, and the least laborious; for the Cesterns or Fats being placed (as it were) at the head or beginning of the circle, and the Pump or Well (but the Pump is best) being close adjoyning, or at least by conveyance of troughs made as usefull as if it were neer adjoyning, the Corn being steeped, may with one persons labour and a shovell be cast from the Fat or Cestern to the floor, and there coucht; then when the couch is broken, it may in the turning either with the hand or the shovell be carried in such a circular house round about from one floor to another, till it come to the Kiln, which would also be placed next over against the Pump and Cesternes, and all contained under one roof.

And thus you may empty steeping after steeping, and carry them with one persons labour from floor to floor, till all the floors be filled: in which circular motion you shall find, that ever that which was first steeped, shall first come to the Kiln, and so consequently one after another in such sort as they were steeped, and your work may evermore be constant, and your floors at no time empty, but at your own pleasure, and all the labour done only with the hand and shovell; without carrying or recarrying, or lifting heavy burthens, which is both troublesome & offensive, and not without much loss, because in such cases ever some grain scattereth.

Now over against the Kiln-hole or Furnace (which is evermore intended to be on the ground) should a convenient place be made to pile the fewell for the Kiln, whether it be Straw, Bracken, Furrer, Wood, Coal, or other fewell; but sweet Straw is of all other the best and neatest. Now it is intended that this Malt-house may be made two stories in height, but no higher: over your Cesternes shall be made the Garners wherein to keep your Barley before it be steeped: In the bottoms of these Garners, standing directly over the cesternes, shall be

be convenient holes made to open and shut at pleasure, through which shall run down the barley into the Cistern.

Over the bed of the Kiln can be nothing but the place for the Hair cloth, & a spacious roof open every way that the smoke may have a free passage; & with the least ayr be carryed from the kilne which maketh the malt sweet and pleasant. Over that place where the fewell is piled; & is next of all to the bed of the kiln would likewise be other spacious Garners made, some to receive the Malt as soon as it is dried with the Comb and Kilsn dust, in which it may lye to mellow and ripen; and others to receive the Malt after it is skreened and drest up; for to let it be too long in the Comb, as above three months at longest, will make it both corrupt, and breed Weevels and other worms, which are the greatest destroyers of malt that may be. And these Garners should be so conveniently plac'd before the front of the Kilsn-bed, that either with the shovell or a small scuttle you may cast, or carry the malt once dried into the Garners.

For the other part of the floors, they may be employed as the ground-floors are, for the receiving of the malt when it comes from the Cistern: and in this manner, and with these accommodations you may fashion any Malt house, either round, long, square, or of what proportion soever, as either your estate, or the convenience of the ground you have to build on shal administer.

Next to the site or proportion of the ground, you shall have a principall care for the making of your malt floors, in which all the custome and the nature of the soyl binds many times a man toundry inconveniences, and that a man must necessarily build according to the matter he hath to build withall, from whence arise the many diversities of Malt floors. Yet you shall understand, that the generall best Malt floor both for Summer & Winter and all seasons, is the cave or vaulted arch which is hewed out of a dry and main getty Rock, for it is both warin in Winter, cool in Summer, and generally comfortable in all seasons of the year whaesoever. For it is to be noted, that all House-wives do give over the making of Malt in the extreame heat of Summer: it is not because the Malt is worse that is made in summer then that which is made in winter, but because the floors are more unreasonable, and that the Sun getting a power into such open

Of Malt  
floors.

places, maketh the grain which is sowed to sprout and come so swiftly, that it cannot indure to take time on the floor, and get the right seasoning which belongeth to the same: whereas these kind of vaults being dry, and as it were coucht under the ground, not only keepeth out the Sun in Summer, which maketh the Malt come much too fast, but also defendeth it from frosts and cold bitter blasts in sharpe Winters, which will not suffer it to come, or sprout at all; or if part do come and sprout, as that which lyeth in the heart of the bed; yet the upper parts and outside by means of extream cold cannot sprout, but being again dried, hath his first hardness, & is one & the same with raw barley; for every *Hous-wife* must know, that if Malt do not come as it were altogether, and at an instant, and not one come more than another, the Malt must needs be very much imperfect.

The next Flower to the cave, or dry sandy Rock, is the flower which is made of earth, or a stiff strong binding Clay wel watered, and mixt with Horse-dung and Soap-ashes, beaten and wrought together, till it come to one solid firmness; this Flower is a very warm comfortable Flower in the Winter season, and will help the grain to come and sprout exceedingly, and with the help of windowes to let in the cold ayre, and to shut out the violent reflection of the Sun, will serve very conveniently for the making of Malt, for nine months in the year, that is to say, from *September* till the end of *May*; but for *June*, *July*, and *August*, to imploy it to that purpose, will breed both loss and incumbrance. The next Flower to this of the earth, is that which is made of plaster, or plaster of *Paris*, being burnt in a seasonable time, and kept from wet, till the time of shooting, and then smoothly laid, and well levelled; the imperfection of the plaster flower is only the extream coldness thereof, which in frosty and cold seasons so bindeth in the heart of the Grain, that it cannot sprout, for which cause it behoveth every Malster that is compelled to these Floores, to look well into the seasons of the year, and when he findeth either the Frosts, Northern blasts, or other nipping storms to rage too violently, then to make his first couches or beds, when the Grain commeth newly out of the Cestern, much thicker and rounder than otherwise he would do; and as the cold abateth, or the corn increaseth in  
sprouting

sprouting, so to make couches or beds thinner and thinner: for the thicker and closer the grain is coucht and laid together, the warmer it lyeth, and so catching hear, the sooner it sprouteth, and the thinner it lyeth, the cooler it is, and so much the slower in sprouting. This floore, if the Windowes be close, and guard off the Sun sufficiently, will (if necessity compell) serve for the making of Malt ten months in the year; only in *Iuly* and *August*, which contain the Dog-days, it would not be employed, nor in the time of any Frost, without great care and circumspection.

Again, there is in this floor another fault, which is a naturall casting out of dust, which much sullieth the Grain, and being dried, makes it look dun and foul, which is much disparagement to the Malster; therefore she must have great care that when the Malt is taken away, she sweep and keep her floores as clean and neat as may be. The last and worst is the boarded floor, of what kind soever it be, by reason of the too much heat thereof, and yet of boarded floors the Oaken boarded is the coolest and longest lasting; the Elm or Beech is next, then the Ash, and the worst (though it be the fairest to the Eye) is the Firre, for it hath in it self (by reason of the Frankincense and Turpentine which it holdeth) a naturall heat, which mixed with the violence of the Sun in the Summer-time, forceth the grain not only to sprout, but to grow in the couch, which is much loss, and a fowl imputation. Now these boarded floors can hardly be in use for above five months at the most, that is to say, *October*, *November*, *December*, *January*, and *February*: for the rest, the sun hath too much strength, and these boarded floores too much warmth; and therefore in the coolest times it is good to observe to make the couch thin, whereby the ayr may pass through the corn, and so cool it, that it may sprout at leisure.

Now for any other floore besides these already named, there is not any good to malt upon; for the common floor which is of naturall earth, whether it be Clay, Sand or Gravel, if it have no mixture at all with it more then its own nature, by oft treading upon it, groweth to gather the nature of saltness, or Salt peter into it, which not only giveth an ill tast to the grain that is laid upon the same, but also his moisture and mouldiness.

Imperfect  
floores.

dinels, which in the moist times of the year arise from the ground, it often corrupteth and putrifieth the corn, the fough paved floor by reason of the unevenness, is unfit to malt on, because the grain getting into the crannies, doth there lye, and is not removed or turned up and down as should be with the hand, but many times is so fixed to the ground, it sprouteth & groweth up into a green blade, affording much loss and hinderance to the owner.

The smooth paved floor, or any floor of stone whatsoever is full as ill; for every one of them naturally against much wet or change of weather, will sweat and distill forth such abundant moisture, that the Malt lying upon the same, can neither dry kindly, and expell the former moisture received in the cistern, but also by that over-much moisture many times rot-teth, and comes to be altogether useles. Lastly for the flower made of lime and hair, it is as ill as any formerly spoken of; both in respect of the nature of the Lime; whose heat and sharpness is a main enemy to malt, or any moist corn, as also in respect of the weakness and brittleness of the substance thereof, being apt to molder and fall in pieces with the lightest treading on the same, and that lime and dust once mixing with the corn it doth so poyson and suffocate it, that it neither can sprout, nor turn serviceable for any use.

Of the Kiln  
and the build-  
ing thereof.

Next unto the Malt-flowers, our Malster shall have a great care in the framing and fashioning of the Kiln, of which there are sundry sorts of models, as the ancient form which was in times past used of our forefathers, being only made in a square proportion at the top, with small splints or rafters, joynd within four inches one of another, going from a main beam crossing the mid part of that great square: then is this great square from the top, with good and sufficient studs to be drawn slopewise narrower and narrower, till it come to the ground, so that the hath or lowest part thereof may not be above a sixth part to the great square above, on which the malt is laid to be dryed, and this Hath shall be made hollow and descending, & not level nor ascending: and these Kilns do not hold any certain quantity in the upper square, but may ever be according to the frame of the house, some being thirty foot each way.



way, some twenty, and some eighteen. There be other Kilnes which are made alter this manner open and slope, but they are round of proportion; but both these kind of Kilnes have one fault, which is danger of fire; or lying every way open & apt for the blaze; if the *Malster* be any thing negligent, either in the bouting of the blaze low & forward, or not sweeping every part about the harth any thing that may take fire; or fore seeing that no straws which do belong to the bedding of the Kiln do hang down, or are loose, whereby the fire may take hold of them, it is very possible that the Kiln may be set on fire; to the great loss and often undoing of the owner.

Which to prevent, and that the *Malster* may have better assurance and comfort in her labour, there is a Kiln now of generall use in this *Kingdom*, which is called a *French Kiln*, being framed of a brick, ashler, or other fire-stone, according to the nature of the soyl in which *Husbands* and *Housetwives* live: and this french Kiln is ever safe and secure from fire, and whether the *Malster* wake or sleep, without extreame wilfull negligence; there can no danger come to the Kilne: and in these Kilns may be burnt any kind of fewell whatsoever, and neither shall the smoke offend or breed ill tast in the malt, nor yet discolour it, as many times it doth in open Kilnes, where the malt is as it were covered all over, and even parboyled in smoke. so that of all sortes of Kilnes whatsoever, this which is called the *French Kiln*, is to be preferred and onely embraced. Of the form or model whereof, I will not here stand to treat, because they are now so generally frequent amongst us, that not a *Mason* or *Carpenter* in the whole *Kingdome* but can build the same; so that to use more words thereof were tediousness to little purpose. Now there is another kind of Kiln which I have seen (and but in the west-country onely) which for the profitable quaintnesse thereof, I took some speciall note of, and that was a Kiln made at the end of a *Kitchin Raunge* or *Chimney*, being in shape round and made of brick, with a little hollownesse narrowed by degrees, into which came from the bottom and midst of the *Kitchin chimney* a hollow tunnel or vault, like the tunnel of a *Chimney*, and ran directly on the back-side the hood, or back of the *Kitchin chimney*; then in the midst of the chimney where the

The perfect  
kiln.

the greatest strength of the fire was made, was a square hole made of about a foot and a half every way, with an iron thick plate to draw to and fro, opening and closing the whole at pleasure; and this hole doth open onely into that tunnell which went to the Kiln, so that the Malt being once laid, and spread upon the Kiln, draw away the Iron-plate, and the ordinary fire with which you dresse your meat, and perform other necessary businesse, is sucked up into this tunnell, and so conveyeth the heat to the Kiln where it dryeth the Malt with as great perfection as any kiln I saw in my life, and needeth neither attendance or other ceremony more, then once in five or sixe hours to turn the Malt, and take it away when it is dried sufficiently: for it is here to be noted, that how great or violent soever the fire be, which is in the chimney, yet by reason of the passage, and the quantity thereof it carrieth no more then a moderate heat to the kiln; and for the smoke, it is so carried away in other loop-holes which run from the hollownes between the tunnell, and the Malt-bed, that no Malt in the world can possibly be sweeter or more delicately coloured: only the fault of these Kilns are, that they are but little in compass, and so cannot dry much at a time, as not above a quarter or ten strike at the most in one drying, and therefore are no more but for a mans own particular use, and for the furnishing of one seiled Family; but so applyed, they exceed all the kilnes that I have seen whatsoever.

Bedding of  
the Kiln.

When our Malster hath thus perfected the Malt-house and Kiln, then next look to the well bedding of the Kiln, which is diversly done according to mens divers opinions; for some use one thing, and some another, as the necessity of the place, or mens particular profits draw them.

But first to shew you what the bedding of a *Kiln* is, you shall understand, that it is a thin covering laid upon the open rafters, which are next unto the heat of the fire, being made either so thin, or so open, that the smallest heat may pass through it, and come to the corn: this bed must be laid so even and levell as may be, and not thicker in one place then another, least the Malt dry too fast where it is thinnest, and too slowly where it is thick; and so in the last seem to be of two severall dryings.

It must also be made of such stuff, as having received heat, it will long continue the same, and be assistant to the fire in drying the corn: it should also have in it no moist or darkish property: lest at the first receiving of the fire it send out a stinking smoke, and so taint the Malt; nor should it be of any rough or sharp substance, because upon this bed or bedding is laid the haircloth, and on the hair cloth the Malt, so that with the turning the Malt and treading upon the cloth, should the Bed be of any such roughnes, it would soon wear out the haircloth, which would bee both losse and ill *Houfe-wifery*, which is carefully to be eschewed.

But now for the matter or substance whereof this bedding should be made, the best, neatest, and sweetest, is clean long Rye straw, with the eares only cut off, and the ends laid even together, not one longer than another, and so spread upon the rafter of the Kilne as even and thinne as may be, and laid as it were straw by straw in a just proportion, where skill and industry may make it thin or thick at pleasure, as but the thickenesse of one straw, or of two, three, foure or five, as shal seem to your judgment most convenient, and then this, there can be nothing more even, more dry, sweet, or open to let in the heat at your pleasure: and although in the old open Kilnes it be subject to danger of fire, by reason of the quicknesse to receive the flame, yet in the French Kilnes (before mentioned) it is a most safe bedding, for not any fire can come neer unto it. There be others which bed the Kilne with Mat; and it is not much to be misliked, if the Mat be made of Rye straw sowed, and woven together according to the manner of the *Indian Mats*, or those usuall thin *Bent Mats*, which you shal commonly see in the Summer time, standing in *Husband-mens* Chimneyes, where one bent or straw is layd by another, and so woven together with a good strong pack-thread: but these *Mats* according to the old Proverb (*Most cost most worships*) for they are chargeable to be bought, and very troublesome in the making, and in the wearing will not outlast one of the former loose beddings: for if one thread or stitch breake, immediatly most in that rowe will follow: onely it is most certaine, that during the time it lasteth, it is both

both good, necessary and handsome. But if the *Mat* be made either of Bulrushes, Flags, or any other thick substance (as for the most part they are) then it is not so good a bedding, both because the thicknesse keepeth out the heat, and is long before it can be warmed; as also in that it ever being cold, naturally of it selfe draweth into it a certaine moysture, which with the first heat being expelled in smoke, doth much offend and breed ill taste in the *Malt*. There be others that bed the Kilne with a kind of *Matt* made of broad thin splints of wood wrought Checkerwise one into another, and it hath the same faults which the thick *Matt* hath; for it is long in catching the heat, and will ever smoke at the first warming, and that smoke will the *Malt* smell on ever after; for the smoke of *wood* is ever more sharpe and piercing then any other smoke whatsoever.

Besides, this *Wooden matt*, after it hath once bedded the Kiln, it can hardly afterward be taken up or removed; for by continuall heat, being brought to such an extreame drynesse, if upon any occasion either to mend the Kiln, or cleanse the Kiln, or do other necessary labour underneath the bedding, you shall take up the *wooden mat*, it would presently crack, and fall to pieces, and be no more serviceable.

There be others which bed the Kiln with a bedding made all of *wickers*; of smal wands foulded one into another like a hurdle, or such wand-worke; but it is made very open, every wand at least two or three fingers one from another: and this kind of bedding is a very strong kind of bedding, and wil last long, and catcheth the heat at the first springing, onely the smoke is offensive, and the roughnesse without great care used, will soon wear out your hair cloth: yet in such places where *straw* is not to be got or spared, and that you are compelled onely to use *wood* for your fell in drying your *Malt*, I allow this bedding before any other, for it is very good, strong and long lasting: besides, it may be taken up and set by at pleasure, so that you may sweep and cleanse your Kilne as oft as occasion shal serve, and in the neat and fine keeping of the Kilne, doth consist much of the *House-wives Art*; for to be choakt either with dust, durt, soot or ashes; as it shewes themselves

tishnes and sloth, the only great imputations hanging over a *House-wife*, so likewise they hinder the labour, and make the malt dry a great deale worse, and more unkindly.

Next the Bedding of the Kilne, our Malster by all meanes Of fewel for  
the drying of  
Malt. must have an especiall care with what fewell she dryeth the Malt; for commonly according to that it ever receiveth and keepeth the taste, if by some especiall Art in the Kiln that annoyance be not taken away. To speak then of fewels in general, they are of divers kinds according to the natures of soyles, and the accommodation of places in which men live; yet the best and most principal fewel for the Kilnes (both for sweetness, gentle heat, and perfect drying) is either good Wheat-straw, Rye-straw, Barley-straw, or Oaten-straw; and of these the Wheat straw is the best, because it is most substantial, longest lasting, makes the sharpest fire, and yeelds the least flame: the next is Rye straw, then Oaten straw, and last Barley straw, which by reason it is shortest, lightest, least lasting, and giveth more blaze then heat, it is last of these white straws to be chosen, and where any of these fail or are scarce, you may take the stubble or after crop of them, when the upper part is shorn away; which being wel dried and housed, is as good as any of the rest already spoken of, and lesse chargeable, because it is not fit for any better purpose as to make fodder, manure, or such like, or more then ordinary thatching, and so fittest for this purpose: Next to these white straws, your long Fen Rushes, being very exceedingly wel withered and dried, and al the sappy moisture gotten out of them, and so either safely housed or stacked, are the best fewel: for they make a very substantial fire and much lasting, neither are apt to much blazing, nor the smoke so sharp or violent but may very well be endured: where all these are wanting, you may take the Straw of Pease, Fetches, Lupins, or Tares, any of which wil serve, yet the smoke is apt to taint, & the fire without prevention dryeth too sodainly and swiftly. Next to these is clean Bean straw, or straw mixt of Beanes and Pease together; but this must be handled with great discretion, for the substance containeth so much heat, that it wil rather burn then dry, if it be not moderated, and the smoke is also much offensive.



offensive. Next to this Bean-straw is your Furs, Gorse, Whins, or small Brush-wood, which differeth not much from Bean straw; onely the smoke is much sharper, and tainteth the Malt with a much stronger savour. To these I may adde Braken or Braks, Ling, Heath, or Brome, al which may serve in time of necessity, but each one of them have this fault, that they adde to the Malt an ill taste or savour. After these I place wood of all sorts, for each is alike noysome, and if the smoke which cometh from it touch the Malt, the infection cannot be removed; from whence amongst the best Husbands hath sprung this Opinion, that when at any time drinke is ill tasted, they say straight, it was made of Wood-dried malt. And thus you see the generality of fuels, their vertues, faults, and how they are to be imployed. Now for Coale of al kindes, Turf, or Peate, they are not by any meanes to be used under Kilnes, except where the furnaces are so subtilly made, that the smoake is conveyed a quite contrary way, and never cometh neere the malt; in that case it skilleth not what fuel you use, so it be durable and cheap it is fit for the purpose, onely great regard must be had to the gentleness of the fire; for as the old Proverb is (Soft fire makes sweet Malt) so too rash and hasty a fire scorseth and burneth it, which is called among Maltsters Fire-fangd; and such Malt is good for little or no purpose: therefore to keep a temperate and true fire, is the only Art of a most skilfull Maltster.

When the Kiln is thus made and furnished of all necessities duely belonging to the same, your Maltsters next care shal be to the fashioning and making of the Garners, Hutches, or Holds in which both the malt after it is dried, and the Barly before it be steeped, is to be kept and preserved; and these Garners or Safes for Corne are made of diverse fashions, and diverse matters, as some of Boords, some of Bricks, some of Stone, some of Lime and Haire, and some of Mud, Clay or Loame: but al of these have their severall faults; for wood of all kinds breedeth Weevil and Wormes which destroy the Graine, and is indeed much too hot: for although malt would ever be kept passing dry, yet never so little overplus of heat withers it, and takes away the vertue; for as moisture rots & corrupts

corrupts it, so heat takes away and decayeth the substance. Brick, because it is laid with Lime, is altogether unwholesome; for the Lime being apt at change of weather to sweat, moistneth the grain, and so tainteth it; and in the dryest Seasons with the sharp hot taste, doth fully as much offend it: those which are made of Stone are much more noysome, both in respect of the reasons before rehearsed, as also in that all Stone of it selfe wil sweate, and so more and more corrupteth the grain which is harboured in it. Lime and haire being of the same nature, carrieth the same offences, and is in the like sort to be eschewed. Now for Mudde, Clay, or Loame, in as much as they must necessarily be mixt with wood, because otherwise of themselves, they cannot knit or bind together; and besides, that the clay or loame must be mixt either with chopt hay, chopt straw, or chopt Litter, they are as great breeders of Wormes and vermine as wood is, nor are they defences against Mice, but easie to be wrought through, and so very unprofitable for any Husband or Houfwife to use. Besides, they are much too hot, and being either in a close house, neere the Kilne, or the backe or face of any other Chimney, they dry the Corn too sore, and make it dwindle and wither, so that it neither filleth the bushel nor enricheth the liquor, but turnes to losse every way. The best Garner then that can be made both for safety & profit, is to be made either of broken tile-shread, or broken bricks, cunningly and even layd and bound together with Plaster of Paris, or our ordinary English Plaster, or burnt Alabaster, and then covered all over both within and without, in the bottom and on every side, at least three fingers thick with the same Plaster, so as no bricke or tyle-shread may by any means be seen, or come neere to touch the Corne; and these Garners you may make as big, or as little as you please, according to the frame of your house, or places of most convenience for the purpose, which indeed would ever be as neere the Kiln as may be, that the ayre of the fire in the dayes of drying, may come unto the same, or else neere the backs or sides of Chimnies, where the ayre thereof may correct the extreame coldnesse of the plaster, which of all things that are bred in the earth, is the coldest.

coldest thing that may be, and yet most dry, and not apt to sweat or take moysture, but by some violent extremity; neither will any worme or vermine come near it, because the great coldness thereof is a mortal enemy to their natures, and so the safest and longest these Garners of plasters keep all kind

The making of  
cesterns.

After these Garners, Hutches, or large Keeps for Corn are perfitted and made, and fitly adjoynd to the Kiln, the next thing that our Maltster hath to look unto, is the framing of the Fats or Cesterns wherein the Corn is to be steeped: and they are of two sorts, that is, either of Coopers work, being great Fats of wood, or else of Masons work, being Cesternes made of stone; but the Cestern of stone is much the better; for besides that these great Fats of Wood are very chargeable and costly (as a Fat to containe four quarters of Graine, which is but two and thirty bushels, cannot be afforded under twenty shillings) so likewise they are very casual and apt to mischance and spilling; for, and besides their ordinary wearing, if in the heat of summer they be never so little neglected without water, and suffered to be over-dry, it is tenne to one but in the Winter they will be ready to fall in peeces; and if they be kept moyst, yet if the water be not oft shifted and preserved sweet, the Fatte will soon taint, and being once grown faulty, it is not onely irrecoverable, but also whatsoever commeth to be steeped in it after will be sure to have the same savour; besides the wearing and breaking of Garthes, and Plugs, the binding, cleansing, sweetning, and a whole world of other troubles and charges doth so daily attend them, that the benefit is a great deale short of the incumbrance; whereas the stone Cesterne is ever ready and usefull, without any vexation at all, and being once well and sufficiently made, will not need trouble or reparation (more than ordinary washing) scarce in a hundred years.

Now the best way of making these Malt-cesternes, is to make the bottomes and sides of good tyle-threads fixed together with the best Lime and Sand, and the bottom shall be raised at least a foot and a half higher than the ground, and at one corner in the bottom a fine artificial round hole must

be

be made; which being outwardly stopp'd, the Maltster may through it drain the Cisterne dry when she pleaseth, and the bottome must be so artificially level'd and contriv'd, that the water may have a true descent to that hole, and not any remain behind when it is opened

Now when the model is thus made of tile-shard, which you may do great or little at your pleasure: then with Lime, Hair, and Beasts-blood mixed together, you shall cover the bottom at least two inches thick, laying it level and plain, as is before shew'd: which done, you shall also cover all the sides and toppe, both within and without, with the same matter, at least a good finger thickness, and the main Wall of the whole Cistern shal be a ful foot in thickness, as wel for strength and durableness as other private reasons for the holding the grain and water, whose poyse and weight might otherwise endanger a weaker substance. And thus much concerning the Malt-house, and those several accommodations which do belong unto the same.

I will now speak a litle in general as touching the art, skill, and knowledge of Malt-making, which I have referred to the conclusion of this Chapter, because whosoever is ignorant in any of the things before spoken of, cannot by any meanes ever attain to the perfection of most true, and most thrifty Malt-making. To begin then with the Art of making, or (as some term it) melting of Malt, you shall first (having proportioned the quantity you mean to steep, which should ever be answerable to the content of your Cisterne, and your Cistern to your flowers) let it either runne downe from your upper Garner into the Cisterne, or otherwise bee carried into your Cisterne, as you shall please, or your occasions desire; and this Barley would by all means be very clean and neatly drest; then when your Cistern is filled, you shall from your Pomp or Well convey the water into the Cistern till all the Corn be drencht; and that the water float above it: If there be any Corn that will not sink, you shall with your hand stir it about, and wet it, and so let it rest and cover the Cistern; and thus for the space of threenights you shall let the Corn steep in the water, After the three

The manner  
how to make  
Malt.

night is expired, the next morning you shall come to the Cestern and pluck out the plug or bung-stick which stoppeth the hole in the bottome of the Cestern, and so drain the water clean from the Corn, and this water you shall by all meanes save, for much light Corn and others will come forth with this drain-water, which is very good Swine's meat, and may not be lost by any good Housewife. Then having drained it, you shall let the Cestern drop all that day, and in the evening with your shovel you shall empty the Corn from the Cestern unto the Malt-flower, and when all is out and the Cestern cleansed, you shall lay all the wet corn on a great heap round or long, and flat on the top, and the thickness of this heap shall be answerable to the season of the year; for if the weather be extreame cold, then the heap shall be made very thick, as three or four foot, or more, according to the quantity of the grain; but if the weather be temperate and warm, then shall the heap be made thinner, as two foot, a foot and a half, or one foot, according to the quantity of the Grain. And this heap is called of Maltsters a Couch or Bed of raw Malt.

In this couch you shall let the corn lye three nights more without stirring, and after the expiration of the three nights, you shall look upon it, and if you finde that it beginneth but to sprout (which is called comming of Malt) though it be never so little, as but the very white end of the sprout peeping out (so it be in the outward part of the heap or couch) you shall then break open the couch, and in the midst where the corn lay nearest, you shall finde the sprout or corn of a greater largeness: then with your shovel you shall turn all the outward part of the couch inward, and the inward outward, and make it at the least three or four times as big as it was at the first, and so let it be all that day and night, and the next day you shall with your shovel turn the whole heap over again, increasing the largeness and making it of one in different thickness over all the floore, that is to say, not above a handfull thick at the most, not falling after for the space of fourteen dayes, which doth make up full in all three weeks, to turn it all over twice or thrice a day according to the season of the weather, for if it be warm, the Malt must be turned.



turned oftner; if cool, then it may lye looser, thicker, and longer together, and when the three weeks is fully accomplished, then you shall (having bedded your Kiln, and spread a clean hair cloath thereon) lay the Malt as thicke as may be (as about three fingers thicknes) upon the hair cloath, and to dry it with a gentle and soft fire, ever and anon turning the Malt (as it dryeth on the Kiln) over and over with your hand, til you finde it sufficiently wel dried, which you shall know both by the tast when you bite it in your mouth, and also by the falling off of the come or sprout, when it is thoroughly dried. Now as soon as you see the come begin to lhed, you shall in the turning of the Malt rubbe it well between your hands, and scowr it to make the Come fall away, then finding it all sufficiently dried, first put out your fire, then let the Malt cool upon the kiln for four or five hours, and after raising up the four corners of the hair cloath, and gathering the Malt together on a heap, empty it with the Come and all into your Garners, and there let it lye (if you have not present occasion to use it) for a moneth or two or three to ripen, but no longer, for as the Come or dust of the Kiln, for such a space melloweth and ripeneth the Malt making it better both for sale or expence, so to lye too long in it doth ingender Weevel, Worms, and Vermine, which doe destroy the grain.

The drying of  
Malt.

Now for the dressing and cleansing of Malt at such time as it is either to be spent in the house, or sold in the Market; you shall first winnow it with a good wind either from the Aire, or from the Fan; and before the winnowing, you shall rub it exceeding well between your hands, to get the *come* or *sproutings* clean away: for the beauty and goodnesse of malt is when it is most smug, cleane, bright, and likeliest to Barley in the view, for then there is least wast and greatest profit: for come and dust drinketh up the liquor, and gives an ill tast to the drink. After it is well rub'd and winnowed, you shall then see it over in a fine Sive, and if any of the malt be uncleansed, then rub it againe into the Sive till it be pure, and the rubbings will arise on the top of the Sive, which you may cast off at pleasure, and both those rubbings from the Sive,

and the chaff, and dust which commeth from the winnowings should be safe kept; for they are very good Swines meate, and feed well, mixt either with Whey or Swillings: and thus after the malt is reed, you shal either sack it up for especial use or put it into a well cleansed Garner, where it may lye till there be occasion for expence.

Now there be certaine observations in the making of malt, which I may by no meanes omit: for though divers opinions do diversly argue them, yet as neere as I can, I will reconcile them to that truth, which is most consonant to reason, and the rule of honesty and equality.

First, there is a difference in mens opinions as touching the constant time for the mellowing and making of the Malt; that is, from the first steeping until the time of drying; for some will allow both Fat and Flowre hardly a fortnight, some a fortnight and two or three dayes, and doe give this reason.

First, they say, it makes the Corn look whiter and brighter, and doth not get so much the fulling and foulness of the flowre, as that which lyeth three weeks, which makes it a great deale more beautifull, and so more saleable: Next, it doth not come or shoot out so much sprout, as that which lyeth a longer time, and so preserveth more heart in the grain, makes it bold and fuller, and so consequently more full of substance, and able to make more of a little, than the other much more.

These reasons are good in shew, but not in substantiall truth: for (although I confesse that corne which lyeth least time of the flowre must be the whitest and brightest) yet that which wanteth any of the due time, can neither ripen, mellow, nor come to true perfection, and lesse then three weeks cannot ripen Barley: for look what time it hath to swell and sprout; it must have full that time to flourish, and as much time to decay: now in lesse then a week it cannot doe the first, and so in a week the second, and in another week the third; so that in lesse then three weeks a man cannot make perfect Malt. Again, I confesse, that malt which hath the least Come, must have the greatest Kernell, and so be most substantiall; yet the Malt which

which putteth not out his full sprout, but hath that moisture (with too much hasty) driven in which should be expelled, can never be Malt of any long lasting, or profitable for indurance, because it hath so much moist substance as doth make it both apt to corrupt and breed Worms in most great abundance. It is most true, that this hasty made Malt is fairest to the eye, and will soonest be vented in the Market; and being spent as soon as it is bought, little or no losse is to be perceived: yet if it be kept three or foure moneths or longer (unlesse the place where it is kept, be like a hot House) it will be so dank and give again, that it will be little better then raw Malt, and so good for no service without a second drying.

Besides, Malt that is not suffered to sprout to the full kindly, but is stopt as soone as it begins to peepe, much of that Malt cannot come at all; for the moistest grains do sprout first, and the hardest are longer in breaking the husk; now, if you stop the grain on the first sprouts, and not give all leisure to come one after another, you shall have half Malt and half Barley, and that is good for nothing but Hens and Hogs trough. So that to conclude, lesse then three weeks you cannot have to make good and perfect Malt.

Next, there is a difference in the turning of the Malt, for some (and those be the most Men-maltsters whatsoever, turne all their Malt with the shovel, and say it is more easie, more speedy, and dispatcheth more in an houre, then any other way doth in three; and it is very true, yet it scattereth much behind unturn'd, and commonly that which was undermost, it leaveth undermost still, and so by some comming too much, and others not comming at all, the Malt is oft much imperfect, and the old saying made good, *that too much hasty maketh wast*. Now, there are others (and they are for the most part women maltsters) which turn all with the hand, and that is the best, safest, and most certaine way; for there is not a graine which the hand doth not remove, and turn over and over, and layet every severall heap or row of such an even and just thicknesse, that the Malt both equally commeth, and equally seasoneth together without defect or alteration: and though he that

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hath

hath much Malt to make, will be willing to harken to the swiftest course in making, yet he that will make the best Malt, must take such convenient leisure, and imploy that labour which commeth neereſt to perfection.

Then there is another eſpeciall care to be had in the coming or ſprenting of malt, which is, that as it muſt not come too little, ſo it muſt not by any means come too much, for that is the groſſeſt abuſe that may be: and that which we call comed or ſprouted too much, is, when either by negligence, for want of looking to the couch, and not opening of it, or for want of turning when the Malt is ſpread on the floor, it come or ſprout at both ends, which Huſbands call Aker ſpiend: ſuch corn by reaſon the whole heart or ſubſtance is driven out of it, can be good for no purpoſe but the Swine-trough, and therefore, you muſt have an eſpeciall care both to the wel tending of the couch, and the turning the Malt on the floor, and be ſure (as neere as you can by the ordering of the couch, and heaping the hardeſt grain inward and warmeſt to make it all come very indifferently together. Now, if it ſo fall out, that you buy your Barley, and happen to light on mixt grain, ſome being old Corn, ſome new Corn, ſome of the hart of the ſtack, and ſome of the ſtaddle, which is an ordinary deceit with Huſbandmen in the market, then you may be wel aſſured, that this graine can never Come or ſprout equally together, for the new Corne will ſprout before the old, and the ſtaddle before that in the hart of the ſtack by reaſon the one exceedeth the other in moiſtneſſe: therefore in this caſe you ſhall marke well which commeth firſt, which will be ſtil in the heart of the Couch, and with your hand gather it by it ſelf into a ſeparate place, and then heape the other together againe; and thus as it commeth and ſprouteth, ſo gather it from the heap with your hand, and ſpread it on the floor and keep the other ſtill in a thick heap till all be ſprouted. Now laſtly obſerve, that if your Malt be hard to ſprout or Come, and that the fault conſiſt more in the bitter coldneſſe of the ſeaſon, than any defect of the corn, that then (beſides the thick or cloſe making of the heap or couch) you ſhall not to cover it over with ſome thick woollen clothes, as yourſe Coverlids,

verlids, or such like stufte, the warmth whereof will make it come presently: which once perceived, then forthwith un-cloth it, and order it as aforesaid in all points. And thus much for the Art, order, skill, and cunning, belonging to Malt-making.

Tow as touching the making of Oates into Malt, which is a thing of generall use, in many parts of this Kingdome where Barley is scarce, as in *Cheshire*, *Lancashire*, much of *Darbishire*, *Devonshire*, *Cornwall*, and the like, the art and skill is all one with that of Barley, nor is there any variation or change of work, but one and the same order still to be observed; onely by reason that Oates are more swift in sprouting, and apt to clutter, bal and hang together by the length of the sprout then Barley is, therefore you must not faill but turn them ofner then Barley, and in the turning be carefull to turn all, and not leave any unmoved. Lastly, they will need less of the floor than Barley wil; for in a full fortnight, or a fortnight and two or three dayes you may make very good and perfect Oatmalt. But because I have a great deale more to speake particularly of Oates in the next *Chapter*, I will here conclude this, and advise every skilfull House-wife to join with mine observations, her owne tryed experience, and no doubt but she shall find both profit and satisfaction.

Of Oat-  
Malt.

### CHAP: 6.

*Of the excellency of Oates, and the many singular vertues and use of them in a Family.*

**O**Ats although they are of all manner of grain the cheapest, because of their generalluy being a grain of that goodnes and hardness; that it will grow in any soyl whatsoever, be it never so rich, or never so poor, as if Nature had made it the only loving companion and true friend to mankind; yet it is a grain of that singularity for the multiplicity of vertues, and necessary uses for the sustenance and support of the Family, that not any other grain is to be compared with it, for if any other have equall vertue, yet it hath not equall value, & if not equall value,



The vertue  
of Oates to  
cattell.

then it wants many degrees of equall vertue; so that joyning vertue and value together, no *Husband, House-wife or House-keeper* whatsoever, hath so true and worthy a friend, as his *Oates* are.

To speake then first of the vertues of *Oates*, as they accrew to cattle and creatures without door, and first to begin with the *Horse*, there is not any food whatever that is so good, wholesome, and agreeable with the nature of a horse as *Oats* are, being a Provender in which hee taketh such delight, that with it hee feedeth, travelleth, and doth any violent labour what soever with more courage and comfort, then with any other food that can be invented, as all men know that have either use of it, or *Horses*: neither doth the horse ever take surfeit of *Oats*, (if they be sweet and dry) for all be, he may well be glutted or stalled upon them (with indiscreet feeding) and so refuse them for a little time, yet he never surfeiteth, or any present sickness will follow after: whereas no other grain but gluts a *Horse* therewith, and instantly sickness will follow, which shewes surfeit; and the danger is oft incurable: for we read in *Italy*, at the siege of *Naples*, of many hundred *Horses* that died on the surfeit of wheat; at *Rome* also died many hundred horses of the plague, which by due proof was found to proceed from a surfeit taken of peason, and fitches; and so I could run over all other graines, but it is needless, and farr from the purpose I have to handle: suffice it, *Oats* for *Horses* are the best of all foods whatsoever, whether they be but only clean threshed from the straw, and so dried, or converted to *Oat-meal*, and so ground and made into bread. *Oats* boyld, and given a *Horse* whilst they are cool & sweet, are an excellent food for any horse in the time of disease, poverty or sicknesse; for they scowre and fat exceedingly.

In the same nature that *Oates* are for *Horses*, so are they for the *Ass*, *Mule*, *Camell*, or any other Beast of burthen.

If you will feed either *Oxe*, *Bull*, *Cow*, or any *Neat* whatsoever to an extraordinary height of farnesse, there is no food doth it so soon as *Oates* do, whether you give them in the straw, or clean threshed from the sheaf, and well winnowed; but the winnowed *Oat* is the best; for by them I have seen an *Ox*, fed to twenty pound, to twenty four pound, and thirty pounds, which is a most unreasonable reckoning for any beast; onely *fame*, and the tallow hath been precious. Sheep

Sheep or Goats may likewise be fed with Oats, to as great price and profit as with Pease, and Swine are fed with Oats, either in raw Milt or otherwise, to as great thickness as with any grain whatsoever; onely they must have a few Pease after the Oats to harden the fat, or else it will wast, and consume in boyling. Now for holding Swine, which are onely to be preserved in good flesh, nothing is better then a thin mange made of ground Oats, Whey, Butter-milk, or other ordinary wash or swillings, which either the Dairy or Kitchin affordeth; nor is there any more soveraign or excellent meat for Swine in the time of sickness, then a mange made of ground Oats and sweet Whey, warmed luke-warm on the fire, and mixt with the powder of Ruddk, or red Oaker. Nay if you will go to the matter of pleasure, there is not any meat so excellent for the feeding, and wholesome keeping of a kennell of hounds, as the Mange made of ground oats and scalding water, or of beefe-broth, or any other broth, in which flesh hath been sodden: if it be for the feeding, strengthening and comforting of Grey hounds, Spaniels, or any other sort of tenderer Doggs; there is no meat better then sheeps heads, hair and all, or other intralls of Sheep chopt and well sodden with good store of Oat-meal.

Now for all manner of Poultry, as Cocks, Capons, Henr, Chickens of great size, Turkeys, Geese, Ducks, Swannes and such like, there is no food feedeth them better then Oats, and if it be the young breed of any of those kinds, even from the first hatching or disclosing, till they be able to shift for themselves; there is no food better whatsoever then Oat-meal Groats, or fine Oat-meal, either simple of itself, or else mixt with milk, drink, or else new made Urine.

Thus much touching the vertues and quality of Oates or Oat-meal, as they are serviceable for the use of Cattel and Poultry. Now for the most necessary use thereof for man, and the generall support of the family, there is no grain in our knowledge answerable unto it. Vertue of Oats  
for man.

First for the simple Oat it self (excepting some particular physick helps, as frying them with sweet butter, and putting them in a bag, and very hot applied to the belly, or stomach, to avoid collick or windiness, and such like experiments) the most speciall use which is made of them,

Making of  
Oat-meal.

is for Malt to make Beer or Ale of, which it doth exceeding well; and maintaineth many Towns and Countreies; but the Oatmeal which is drawn from them, being the Beart and kernell of the Oat, is a thing of much rarer price and estimation; for to speak truth, it is like Salt of such a generall use, that without it hardly can any Family be maintained: therefore I think it not much amiss to speak a word or two touching the making of Oate-meal. You shall understand then, that to make good and perfect Oatmeal, you shall first dry your Oates exceeding well; and then put them on the Mill, which may either be Water-mill, Wind-mill, or Horse-mill (but the horse-mill is best) and no more but crush or bull them; that is, to carry the stones so large, that they may no more but crush the husk from the Kernell: then you shall winnow the hulls from the Kernells either with the wind, or a Fan, and sifting them of an indifferent cleanness (for it is impossible to hull them all clean at the first) you shall then put them on again, and making the Mill go a little closer, run them through the Mill again, and then winnow them over again, and such Greets or Kernels as are clean huld, and well cut, you may lay by, and the rest you shall run through the mill again the third time, and so winnow them again, in which time all will be perfect, and the Greets or full Kernels will separate from the smaller Oat-meal; for you shall understand, that at the first making of Oat-meal, you shall ever have two sorts of Oat-meals; that is, the full whole Greet or Kernell, & the small dust Oat-meal. As for the coarse Hulls or Chaff that cometh from them that also is worthy saving; for it is an excellent good Horse provender for any plow or labouring Horses, being mixt with either Beans, Pease, or any other Pulse whatsoever.

The vertues  
of Oatmeal.

Now for the use and vertues of these severall kinds of Oat-meales in maintaining the Family, they are so many (according to the many customes of many Nations) that it is almost impossible to reckon all yet (as near as I can) I will impart my knowledge, and what I have tane from relation.

First, for the small Dust, or meal Oat-meal, it is that with which all pottage is made and thickned, whether they be Meapottage, Milk-pottage, or any thick, or else thin Greet-whatever, of whose goodness and wholesomeness it is needlesse to speak in that it is frequent with every experienter. Also, with this small meal

meal Oat-meal is made in divers Countries six severall kinds of very good and wholesome bread every one finer then other, as your *Anacks, Ianacks, and suchlike*. Also, there is made of it, both thick and thin Oaten cakes, which are very pleasant in taste, and much esteemed: but if it be mixed with fine wheat meal, then it maketh a most delicate and dainty Oat-cake, either thick or thin, such as no Prince in the world but may have them served to his table; also this small oat-meal mixed with blood, and the Liver of either Sheepe, Calf, or Swine, maketh that pudding which is called the Haggas or Haggus, of whose goodness it is in vain to boast, because there is hardly to be found a man that doth not affect them. And lastly, from this small oat-meal by oft steeping it in water and cleansing it; and then boyling it to a thick and stiff jelly, is made that excellent dish of meat which is so esteemed of in the west parts of this Kingdome, which they call *Wash-brew*, and in *Cheshire*, and *Lancashire* they call it *Flumery*, or *Flumery*, the wholesomeness and rare goodness, nay, the very Physick helps thereof, being such and so many, that I myself have heard a very reverend and worthily renowned Physician speak more in the commendations of that meat, then of any other food whatsoever: and certain it is that you shall not beare of any that ever did surfeit of this *Wash-brew* or *Flumery*, and yet I have seen them of very dainey and sickly stomachs which have eaten great quantites thereof beyond the proportion of ordinary meates. Now for the manner of eating this meat, it is of diverse diversly used; for some eat it with honey, which is reputed the best sauce; some with Wine, either Sack, Claret or White; some with strong Beer, or strong Ale, and some with milk, as your ability, or the accommodations of the place will administer. Now there is derived from this *Wash-brew* another courser meat, which is as it were the dregs, or grosser substance of the *Wash-brew*, which is called *Gird-brew*, which is a well filling and sufficient meat, fit for servants and men of labour; of the commendations whereof, I will not much stand, in that it is a meat of harder digestion, and fit indeed but for strong able stomachs, and such whose toyl and much sweat both  
liberally

liberally spendeth evil humors, and also preserveth men from the offence of fullness and surfeits.

Now for the bigger kind of Oat-meale, which is called Greet, or Corn Oat-meale, it is of no lesse use then the former, nor are there fewer meats compounded thereof: for first, of these Greet are made all sorts of puddings, or pots (as the West-Country tearms them) whether they be black, as those which are made of the blood of beasts, Swine, sheep, Geese, Red or Fallow Deere, or the like, mixe with whole Greet, Suet, and wholesome hearbs, or else white, as when the Greet are mixt with good Cream, Eggs, Bread-crumbs, Suet, Currants, and other wholesome Spices. Also of these Greet are made the good Fryday pudding, which is mixt with Eggs, Milk, Suet, penyroyal, and boyl'd first in a linnen bag, and then stript and buttered with sweet butter. Again, if you roast a Goose, and stop her belly with whole grits beaten together with Eggs, and after mixt with the gravy, there cannot be a more better or pleasanter sawce: may, if a man be at Sea in any long travell, he cannot eat a more wholesome and pleasant meat then these whole Grits boyl'd in water till they burst, and then mixt with butter, and so eaten with spoons, which although Seamen call simply by the name of Lobster, yet there is not any meat, how significant soever the name, that is more toothsome or wholesome. And to conclude, there is no way or purpose whatsoever to which a man can use or employ Rice, but with the same seasoning and order you may employ the whole greet of Oatmeale, and have full as good & wholesome meat, and as well tasted; so that I may wel knit up this chapter with this approbation of Oat-meal, that the little charge and great benefit considered, it is the very Crowne of the *Housewives* garland, and doth more grace her table and her knowledge, then all graines whatsoever; neither indeed can any Family or Household be wel and thriftily maintained, where this is either scant or wanting. And thus much touching the nature, worth, vertues, and great necessity of Oates and Oat-meale.



## CHAP. VIII.

*Of the office of the Brew-house, and the Bake-house, and the necessary things belonging to the same.*

WHEN our *English House-wife* knows how to preserve health by wholesome Physicke, to nourish by good meate, and to cloath the body with warm garments, she must not then by any means be ignorant in the provision of bread and drinke; shee must know both the proportions and compositions of the same. And for as much as drinke is in every house more generally spent then bread, being indeed (but how well I know not) made the very substance of all entertainment; I will first begin with it, and therefore you shall know that generally our Kingdome hath but two kinds of drinks, that is to say, beer and ale, but particularly foure, as *Diversities of Drinks.* *Wine, Beere, Ale, and Cider*; and to these we may adde two more, *namely, Honey and Sack*, two compound drinks of hony and beere which in the same place where they are made, as in *Wales and the Marches*, are reckoned for exceeding wholesom and cordiall.

To speak then of beere, although there be divers kinds of taste and strength thereof, according to the allowance of malt, hopps and age given unto the same, yet indeed there can be truly said to be but two kinds thereof, namely, ordinary beer, and March beer, all other beeres being derived from them. *Strong beere.*

Touching ordinary beer, which is that wherewith either Nobleman, Gentleman, Yeoman, or Husbandman shall maintaine his family the whole yeere, it is meet first that our *English House-wife* respect the proportion or allowance of Malt due to the same, which amongst the best *Husbands*, is thought most convenient; and it is held, that to draw from one quarter of good malt three hogshheads of beer, is the best ordinary proportion that can be allowed, and having age and good easke toly in, it will be strong enough for any good mans drinking. *Of ordinary beere.*

Now for the brewing of ordinary beere, your malt being *Of brewing ordinary beere.* well

well ground, and put in your mash-fat, and your liquor in your lead ready to boyle, you shall then by little and little with scoopes or pailles put the boyling liquor to the malt, and then stirre it even to the bottome exceedingly well together, which is called the mashing of the malt, then the liquor swimming in the top cover all over with more malt; and so let it stand an houre and more in the mash-fat, during which space you may if you please heat more liquor in your lead for your second or small drink; this done, pluck up your mashing stroom, and let the first liquor run gently from the malt, either in a clean trough, or other vessels prepared for the purpose, and then stopping the mash-fat againe, put the second liquor to the malt, and stir it well together; then your Lead being emptied, put your first liquor or wort therein, and then to every quarter of malt, put a pound and a halfe of the best hops you can get; and boile them an houre together, till taking up a dishfull thereof, you see the hops shrink into the bottome of the dish; this done, put the wort into a strait Sive which may draine the wort from it into your cooler, which standing over the Gallie, you shall in the bottome thereof set a great bowl with your barm, and some of the first wort (before the Hops come into it mixt together) that it may rise therein, and then let your wort drop or run gently into the dish with the barm which stands in the Gallie, and this you shall doe the first day of your brewing; letting your cooler drop all the night following, and some part of the next morning, and as it drops if you find that a black skum or another riseth upon the barm, you shall with your hand take it off, and cast it away, then nothing being left in the cooler, and the Beer well risen, with your hand stir it about, and so let it stand an houre after, and then beating it and the barm exceeding well together, tun it up into the Hogheads, being clean wash'd and scalded, and To let it purge: and herein you shall observe not to tun your vessels too full, for feare thereby it purge too much of the barm away: when it hath purged a day and a night, you shall close up the bung-holes with clay, and only for a day or two after keep a vent-hole in it, and after close it up as fast as may be. Now for your second or small drinke

drinke which are left upon the graine, you shall suffer it there to stay but an hour, or a little better, and then drain it all off also; which done, put it into the Lead with the former Hops, and boyl the other also, then clear it from the Hops, and cover it very close, till your first Beer be tunned, and then, as before, put it also to barm, and so tun it up also in smaller vessels, and of this second beer you shall not draw above one Hoghead to three of the better. Now there be divers other wayes and observations, for the brewing of ordinary beer, but none so good, so easie, so ready and quickly performed, as this before shewed; neither will any beer last longer, or ripen sooner, for it may be drunk at a fortnights age, and will last as long and lively.

Now for the brewing of the best March Beer, you shall allow to a Hoghead thereof, a quarter of the best Malt well ground; then you shall take a Peck of Pease, half a peck of Wheat, and half a peck of Oats, and grind them all very well together, and mix them with your Malt; which done, you shall in all points brew this beer as you did the former ordinary Beer, only you shall allow a pound and a half of Hops to this one Hoghead: and whereas before you drew but two sorts of beer, so now you shall draw three; that is, a Hoghead of the best, and a Hoghead of the second, and half a Hoghead of small beer, without any augmentation of Hops or Malt.

This March beer would be brewed in the months of *March* or *Aprill* and should (if it have right) have a whole year to to ripen in: it will last two, three, and four years if it lie cool, and endure the drawing to the last drop, though with never so much leisure.

Now for the brewing of strong Ale, because it is drinke of no such long lasting as beer is, therefore you shall brew less quantity at a time thereof, as two bushels of Northern measure (which is four bushels, or half a quarter in the South) at a brewing and not above, which will make fourteen gallons of the best Ale. Now for the mashing and ordering of it in the mash-fat, it will not differ any thing from that of beer.

Of brewing  
the best march  
beer

Beer: as for Hops, although some use not to put in any, yet the best Brewers thereof will allow to fourteen gallons of Ale a good espen full of hops and no more, yet before you put in your hops, as soon as you take it from the grains you shall put it into a vessell, and change it, or blink it in this manner: put into the wort a handfull of Oak-bowes, and a pewter-dish, and let them lye therein till the wort look a little paler than it did at the first, and then presently take out the dish and the leaf, and then boil it a full hour with the hops, as afore said, and then cleanse it, and set it in vessels to cool; when it is milk-warm, having set your barm to rise with some sweet wort, then put all into the guilefat, and as soon as it riseth with a dish or bowl beat it in, and so keep it with continuall beating a day and a night at least, and after tun it, From this Ale you may also draw half so much very good middle Ale, and a third part very good small Ale.

Brewing of  
bottle Ale.

Touching the brewing of Bottle-ale, it differeth nothing at all from the brewing of strong Ale, onely it is drawn in a larger proportion, as at least twenty gallons of half a quarter; and when it comes to be changed, you shall blink it (as was before shewed) more by much then was the strong Ale, for it must be pretty and sharp, which giveth the life and quicknesse to the Ale: and when you tun it, you shall put it into round bottles with narrow mouthes, and then stopping them close with cork, set them in a cold Cellar up to the waite in sand, and be sure that the corks be fast tied in with strong pack-thread, for fear of rising out, or taking vent, which is the utter spoyl of the Ale.

Now for the small drink arising from this Bottle-ale, or any other Beer or Ale whatsoever, if you keep it after it is blink'd and boyled in a close vessel, and then put it to barm every morning as you have occasion to use it, the drink will drink a great deal the fresher, and be much more lively in taste.

Of making  
Perry or cyder.

As for the making of Perry and Cider, which are drinks much used in the West parts, and other Countries well stored with fruit in this Kingdome; you shall know that your

your Perry is made of Pears only, and your Cider of Apples; and for the manner of making thereof, it is done after one fashion, that is to say, after your Pears and Apples are well pick'd from the stalks, rottenness, and all manner of other filth, you shall put them in the Presse-mill, which is made with a Mil-stone running round in a circle, under which you shall crush your Peares or Apples; and then straining them thorow a bag of hair-cloth, tun up the same (after it hath been a little seled) into Hogheads, Barrels, and other close vessels.

Now after you have prest all, you shall save that which is within the hair-cloth bag, and putting it into severall vessels, put a pretty quantity of Water thereunto, and after it hath stood a day or two, and hath been wel stirred together, press it also over again, for this will make a small Perry or Cider, and must be spent first. Now of your best Sider that which you make of your Summer or Sweet fruit, you shall call Summer, or Sweet Sider, or Perry, and that you shall spend first also; and that which you make of the Winter, and hard fruit, you shall call Winter, and sowre Cider, or Perry, and that you may spend last, for it will endure the longest.

Of Baking

Thus after our *English Housewife* is experienced in the brewing of these severall drinks, she shall then looke into her Bake-house, and to the making of all sorts of bread, either for masters, servants, or hinds, and to the ordering and compounding of the meal for each severall use. To speak then first of mealts for bread, they are either simple or compound; simple, as Wheat, and Rye, or compound, as Rye and Wheat mixt together, or Rye, Wheat and Barley mixt together; and of these the oldest meal is ever the best, and yeeldeth most; so it is sweet, and untainted, for the preservation whereof it is meet that you cleanse your meal well from the bran, and then keep it in sweet vessels.

Ordering of Meal.

Now for the baking of bread of your simple meales, your best and principal bread is Manchester, which you shall bake in chea.

Baking Manchester

this

O



this manner: First your Meale being ground upon the black stones, if it be possible, which make the whitest flower, and bouted through the finest boulding cloath, you shall put it into a clean Kimmel, and opening the flower hollow in the midst, put into it of the best Ale-barm, the quantity of three pints to a bushel of Meale, with some salt to season it with; then put in your liquor reasonable warm and knead it very wel together with both your hands, and through the brake, or for want thereof, fold it in a cloath, and with your feet tread it a good space together, then letting it lye an hour or thereabouts to swell, take it forth and mould it into Manchetts round and flat, scotch them about the waste to give it leave to rise, and pricke it with your knife in the top, and so put it into the Oven, and bake it with a gentle heat.

To bake the best cheat bread, which is also simply of Wheate only, you shall after your meal is drest and bouted through a more course boulder than was used for your Manchetts, and put also into a clean tub, trough, or kimmel, take a sowe leaven, that is, a piece of such like leaven saved from a former batch, and wel sild with salt; and so layd up to sowe, and this sowe leaven you shall break into small peeces into warm water, and then strain it, which done, make a deep hollow hole, as was before said in the midst of your flowre, and therein powre your strained liquor, then with your hand mixe some part of the flowre therewith, til the liquor be as thick as a Pancake batter, then cover it all over with meale, and so let it lye all that night, the next morning stirre it, and all the rest of the Meale wel together, and with a little more warm water, barm, and sale to season it with, bring it to a perfect leaven stiffe, and firme; then knead it, break it, and tread it, as was before sayd in the manchetts, and so mould it up in reasonable bigge loaves, and then bake it with an indifferent good heat: and thus according to these two examples before shewed, you may break leavened or unleavened bread whatsoever, whether it be simple corn, as wheate or rye of it self, or compound Grain, as Wheate & Rye, or Wheate and Barley,

Barley, or Rye and Barley, or any other mixt white Corn; onely because Rye is a little stronger Grain than Wheat, it shall be good for you to put your water a little hotter than you did to your Wheat.

For your brown bread, or bread for your hinder-servants, which is the courtest bread for mans use, you shall take of Barley two bushels, of Pease two pecks, of Wheat or Rye a peck, a peck of Malt: these you shall grind all together, and dresse it through a Meale-sive, then putting it into a sowre trough, set liquor on the fire, and when it boyls, let one put on the water, and another with a mash rudder stirre some of the flowre with it after it hath been seasoned with salt, and so let it be till the next day, and then putting to the rest of the flowre, work it up into stiff leaven, then mould it, and bake it into great loaves with a very strong heat; now if your trough be not sowre enough to sowre your leaven, then you shall either let it be longer in the trough, or else take the help of a sowre leaven with your boyling water; for you must understand, that the hotter your liquor is, the lesse will the smel or rankness of the pease be received. And thus much for the baking of any kind of bread, which our *Englisb House-wife* shall have occasion to use for the maintenance of her family.

As for the generall observations to bee respected in the Brew-house, or Bake-house, they be these. First, that your brew-house be seated in so convenient a part of the house, that the smoke may not annoy your other more private rooms; then that your furnace be made close and hollow for saving fewel, and with a vent for the passage of smoke, lest it taint your Liquor; then that you prefer a Copper before a Lead, next that your Mash-fat be ever nearest to your Lead, your cooler nearer your Mash-fat, and your Guil-fat under your Cooler, and adjoyning to them all severall clean tubs to receive your Worts and Liquors: then in your Bake-house you shall have a fair boulting-house with large pipes to boulte Meale in, fair troughes to lay leaven in, and sweet safes to receive your bran; you shall have Boulters, Searfes, Ranger, and Meale-sives of all sorts both fine and course; you shall

have fair Tables to mould on, large Ovens to bake in, the  
foales thereof rather of one or two intire stones, than of many  
bricks, and the mouth made narrow, square, and easie to bee  
close covered: as for your peeles, cole-rakes, mankins, and  
such like, though they be necessary, yet they are of such gene-  
ral use they need no further relation. And thus much for a  
ful satisfaction to all the *Husbands* and *Houſewives* of this  
Kingdom, touching Brewing, Baking, and all whatsoever  
else appertaineth to either of their offices.

### *The end of the English House-Wife.*

As for the generall observations to bee respected in the  
Brew-houſe, or Bake-houſe, they be these. First, that your  
brew-houſe be located in ſo convenient a part of the houſe,  
that the ſmoke may not annoy your other more private  
rooms; then that you have it in a cole and hollow for  
laying ſewel, and with a vent for the paſſage of ſmoke, leſt  
it taint your ſmoke; then that you have a Copper before a  
lead, next this your Maſh-tub be convenient to your hand,  
your cooler neerer your Maſh-tub, and your Gut-tub under  
your cooler, and adjoining to them all ſeveral cleane tubs to  
receive your Wort and Lippors: then in your Bake-houſe  
you ſhall have a fair boiling-houſe with large pipes to con-  
vey your wort, and ſewel in, and ſewel out to re-  
ceive your brew: you ſhall have Bondures, Scantes, flanges,  
and Meale-flives of all ſorts both fine and coarſe; you ſhall  
have

